

Never give up- you are important!



24 Hour Crisis Line

(877) 695-6333



Crisis Line (24 Hours)

740-773-4357 (Chillicothe)

937-393-9904 (Hillsboro)

740-335-7155 (Washington C. H.)



SOUTHERN STATE
CAREER & COUNSELING SERVICES

Know the signs! Reach Out! Save a Life!

You cannot predict death by suicide, but you can identify people who are at increased risk for suicidal behavior, take precautions, and refer them for effective treatment.

Ask the person directly if he or she is having suicidal thoughts/ideas, (2) has a plan to do so, and (3) has access to lethal means:

- "Are you thinking about killing yourself?"
- "Have you ever tried to hurt yourself before?"
- "Do you think you might try to hurt yourself today?"
- "Have you thought of ways that you might hurt yourself?"
- "Do you have pills/weapons in the house?"

Take seriously all suicide threats and suicide attempts.

A past history of suicide attempts is one of the strongest risk factors for death by suicide. There is no evidence that "no suicide contracts" prevent suicide.

IS PATH WARM?

Ideation—Threatened or communicated

Substance abuse—Excessive or increased

Purposeless—No reasons for living

Anxiety—Agitation/Insomnia

Trapped—Feeling there is no way out

Hopelessness

Withdrawing—From friends, family, society

Anger (uncontrolled)—Rage, seeking revenge

Recklessness—Risky acts, unthinking

Mood changes (dramatic)