

# Resources

National Suicide Prevention Lifeline  
1-800-273-TALK (8255)  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

Crisis Text Line  
[www.crisistextline.org](http://www.crisistextline.org)

Suicide Prevention Resource Center  
[www.sprc.org](http://www.sprc.org)

Prevent Suicide WV  
[www.preventsuicidewv.org](http://www.preventsuicidewv.org)

ReachOut  
[us.reachout.com](http://us.reachout.com)

Society for the Prevention of Teen Suicide  
[www.sptsusa.org/teens](http://www.sptsusa.org/teens)

Youth Suicide Prevention Program  
[www.yspp.org](http://www.yspp.org)

American Foundation for Suicide Prevention (AFSP)  
[www.afsp.org](http://www.afsp.org)

Follow Prevent Suicide:



# Depression

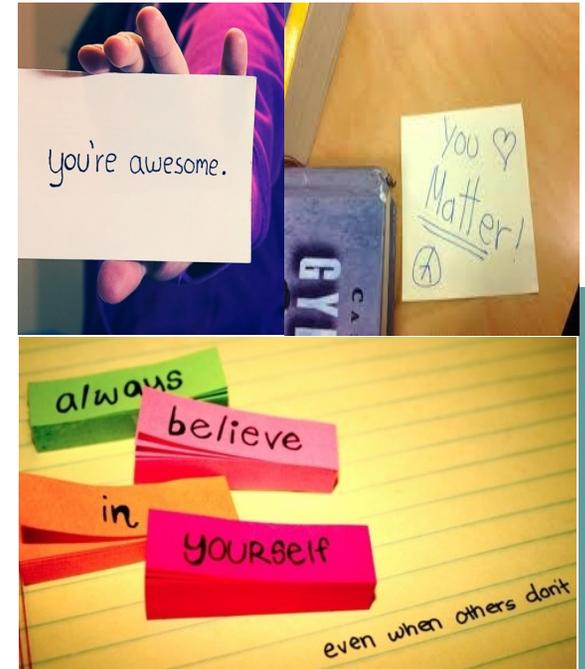
*Depression is a treatable condition that is often related to suicide. Having depression is nothing to be ashamed of, as once it is identified, it can be treated. It is important to know the signs of depression so if you or someone you know are experiencing it, help can be provided.*

- ◆ Sadness that last longer than a few day or weeks
- ◆ Feeling tired much of the time or having difficulty sleeping
- ◆ Overeating or appetite loss
- ◆ Little or no enjoyment in life
- ◆ Loss of interest in activities or hobbies once found to be pleasurable
- ◆ Difficulty concentrating
- ◆ Feeling bad about yourself – worthless, hopeless or guilty

*There is HOPE*

*Ask for HELP*

*Choose Life*



## Suicide is a Preventable Death



[www.preventsuicidewv.org](http://www.preventsuicidewv.org)

## *Recognize: The Signs*

Recognizing is seeing behaviors; noticing thoughts and feelings. If you see any of these in yourself or a friend, you need to get assistance immediately:

- ◆ Talking or thinking about suicide
- ◆ Making a plan for suicide
- ◆ Feeling hopeless or helpless or having no reasons to live

There are other behaviors you may notice that may show there is a serious risk

- ◆ Feeling trapped or in unbearable pain
- ◆ Feeling like a burden to others
- ◆ Increasing the use of alcohol or drugs
- ◆ Acting anxious or agitated; behaving recklessly
- ◆ Sleeping too little or too much
- ◆ Withdrawing or feeling isolated
- ◆ Showing rage or thinking about seeking revenge
- ◆ Displaying extreme mood swings

## *Respond: Ask about Suicide*

Responding is asking if the person if they are thinking about suicide. Thinking about suicide is a serious threat to someone's life, it is very important that you:

- ◆ Take all signs seriously
- ◆ Ask about suicide directly
- ◆ Don't ignore them and assume the person is being dramatic

### TRUE OR FALSE

*Talking to my friend about suicide will only make it worse.*

*FALSE— talking through feelings with your friends and trusted adults can help you realize the need for help. By showing concern and support, you can encourage your friend to talk to their parents or another trusted adult about getting help. You will never introduce the idea of suicide into someone's head, just by asking about it.*

*Telling someone that my friend is thinking about suicide is betraying their trust.*

*FALSE- Depression and thoughts of suicide can interfere with a persons ability or wish to seek help. Actually, it is an act of friendship to share your concerns with a trusted adult.*

## *REACT: Seek Help*

Reacting is helping the person you are worried about. It is not telling on someone, it is the way you can save their life. Remember suicide is a secret that should be shared.

- ◆ Tell a trusted adult what you are seeing or hearing from your friend that makes you concerned to link them to help
- ◆ Don't wait to let someone know what is going on OR try to take care of it yourself
- ◆ Encourage your friend to reach out to their parents or someone they trust
- ◆ Stay with your friend until they are linked to additional help
- ◆ Make sure that the person is safe

If **you** are the one thinking about suicide:

- ◆ Let an adult know you are having thoughts or feelings about suicide

If you can't find someone to talk to, or not sure what to do, then call:

**NATIONAL SUICIDE PREVENTION  
LIFELINE 1-800-273-TALK**

**Text "CTL" or "LISTEN" to 741-741**

**OR**

**in case of an emergency, 911**