



# Preventing Suicide is Everyone's Responsibility

## Facts

- Suicide is preventable.
- Everyone can help.
- Suicide is the 10<sup>th</sup> leading cause of death.
- Suicide is the 8<sup>th</sup> leading cause of death for American Indian/Alaskan Natives (AI/AN).
- Among teens, suicide is the 3<sup>rd</sup> leading cause of death.
- Suicide is the 2<sup>nd</sup> leading cause of death among AI/AN youth ages 10–24.
- Females attempt suicide more than males.
- Males die by suicide more than females
- Depression is a common mental illness and is treatable.

## WARNING SIGNS

- Acting reckless or engaging in unsafe activities
- Talking or writing about death, dying or suicide
- Feelings of emptiness, hopelessness, or irritability
- Feeling rage or uncontrolled anger
- Changes in appetite, mood, or sleep patterns
- Trouble concentrating at school or work
- Separation or isolation from friends and/family
- Increasing drug or alcohol use
- Talking, joking, or asking about suicide or death
- Giving away possessions, especially valued ones

If you or someone you know have thoughts of suicide please call:

- 911 or take the person to the emergency room immediately.
- Gila River Crisis Line 1-800-259-3449
- La Frontera/ EMPACT 480-784-1500
- Suicide prevention hotline 1-800-273-TALK

## Test Your Knowledge: Myths & Realities

**Myth:** If you ask a person about their suicide thoughts, you will encourage them to kill themselves.  
**Reality:** FALSE; Asking someone directly about their thoughts/feelings of suicide will often lower their worry levels. Your openness and concern in asking about suicide will allow the person to talk about their problems.

**Myth:** Suicide happens without warning.  
**Reality:** FALSE; Studies tell us people thinking about suicide generally give many clues/warnings regarding their suicide intentions.

## How Can I Help?

- Take ALL suicide talk and attempts seriously
- Do not promise secrecy
- Be supportive; Listen; Show concern; Do not judge/
- Stay with person at-risk; Reassure the person help is possible.
- Limit access to firearms, medications, or other potentially harmful objects, if possible.
- Call for help (911, crisis lines, etc...)
- Educate yourself about suicide and depression
- If you lost someone to suicide and you need someone to talk to please seek support. You are not alone.

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## Resources

### 24-hours a Day

Gila River Crisis Line	1-800-259-3449
EMPACT Crisis Line	480-784-1500
National Suicide Prevention Lifeline	1-800-273-8255
Teen Lifeline	1-800-248-8336
The Trevor Project (LGBTQ)	1-866-488-7386
GRIC <i>On Eagle's Wings</i> DVS Crisis	1-855-203-5849
HOPE's Youth Warm Line	1-877-770-2021 520-770-9909

### Monday-Friday 8am-5pm

GRHC OASIS Youth Services	520-562-3323/3321 (D3) 520-796-3898 (D5) 520-550-6008 (D6) 520-371-4257 (Cell)
GRHC BHS Outpatient	520-562-3321 x7010 602-528-7100

### Additional Information and Resources:

- **Gila River Health BHS: Prevention Program** provides GRIC prevention activities to reduce substance use and suicide for the community. Please for information about activities and trainings.  
(phone) 520-562-3321 x7157  
(email) [bhsprevention@grhc.org](mailto:bhsprevention@grhc.org)
- **National Suicide Prevention Lifeline** is a 24-hour toll-free phone line for people in suicidal crisis or emotional distress. An online chat is available at <http://www.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx> 800-273-TALK
- **The Trevor Project** provides crisis intervention and suicide prevention services to LGBTQ youth ages 13–24. TrevorChat is an online crisis chat service available 6 hours a day at [www.thetrevorproject.org/chat](http://www.thetrevorproject.org/chat). 866-488-7386
- **Suicide Prevention Resource Center**  
<http://www.sprc.org> 877-438-7772