Preventing Suicide is Everyone’s Responsibility

Facts

- Suicide is preventable.
- Everyone can help.
- Suicide is the 10th leading cause of death.
- Suicide is the 8th leading cause of death for American Indian/Alaskan Natives (AI/AN).
- Among teens, suicide is the 3rd leading cause of death.
- Suicide is the 2nd 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.

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 On Eagle’s Wings 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

- **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.thetreverproject.org/chat. 866-488-7386

- **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

- **Suicide Prevention Resource Center**
  http://www.sprc.org 877-438-7772