

PREVENTING SUICIDE



**Seeking help is a sign of strength.
If you are concerned, go with your instincts
and get help!**



Five Action Steps for Helping and Preventing

- 1. ASK THEM:** “Are you thinking about killing yourself?” Studies show that asking does not increase suicides or suicidal thoughts.
- 2. KEEP THEM SAFE:** Reduce access to highly lethal items. Lock up guns, pills and weapons.
- 3. CONNECT THEM:** Help the person connect with a trusted individual, such as a family member, friend, spiritual advisor, or mental health professional.
- 4. STAY CONNECTED:** Have open communication with your child’s school team. They can support your child’s needs at school.
- 5. BE THERE:** Ask and listen carefully. Acknowledging and talking about suicide reduces suicidal thoughts. Do not leave the person alone if you’re worried about their safety. **Monitor your child’s social media accounts.**

Suicide Warning Signs to Look For:

- ▶ Marked decline in school performance
- ▶ Looking for ways or means to kill themselves
- ▶ Expressing hopelessness about the future
- ▶ Talking about feeling trapped or experiencing unbearable pain
- ▶ Talking or writing about death, dying or suicide
- ▶ Showing worrisome behavioral cues or marked changes in behavior, including:
 - Withdrawal from or changes in social connections/situations
 - Increased/decreased sleep
 - Extreme mood swings
 - Difficulty concentrating at school or home
 - Increased use of alcohol or drugs
 - Talking about being a burden

Community Mental Health Resources:

**UNI/Salt Lake County Crisis Line
and Mobile Crisis Outreach Team:**
801-587-3000

National Suicide Prevention Lifeline:
1-800-273-TALK (8255)

Your Personal Health Care Provider

**Utah Community
Resource Line:**
211

Youth Services:
385-468-4500

**Valley Behavioral
Health:**

**Granite Crisis
Intervention Team:**
385-646-4645

East: 801-284-4990

West: 801-963-4200

General: 801-270-6550

Family Counseling Center:
801-261-3500

Web Resources:

UtahSuicidePrevention.org

YouTube - Mayo Clinic Suicide Prevention

School Contact: