



SUICIDE PREVENTION ACTION NETWORK OF IDAHO

HELPING YOURSELF

If you are having problems and thinking of hurting or killing yourself, **TELL SOMEONE WHO CAN HELP**. If you cannot talk to your parents, find someone else: a relative, a friend, a teacher, the school nurse or guidance counselor, or a friend's parents. Or, **CALL THE IDAHO SUICIDE PREVENTION HOTLINE AT 1-800-273-TALK (8255)**.

DON'T BE ASHAMED OR EMBARRASSED. A lot of teens and adults have problems that they cannot solve on their own. Finding the courage to get help is often the first step toward solving your problems and becoming a happier person.

HELPING YOUR FRIENDS AND OTHER PEERS

If you think that any of your friends or classmates may be thinking of killing themselves, or have serious problems that they have not told anyone about – **TELL A RESPONSIBLE ADULT**; someone who is concerned with and understands young people and can help. This may be a teacher, guidance counselor, other school staff, your parents, the parents of a friend, a member of clergy or someone who works at a local youth center.

DON'T BE AFRAID OF BEING WRONG. It can often be hard to tell if someone is really thinking about killing or hurting themselves. Some of the suicide warning signs may also be signs of drug use, serious family problems or depression. People with these problems still need help – and **YOU CAN HELP**.

EVEN TALKING TO THEM CAN MAKE A BIG DIFFERENCE. Teens will often share secrets and feelings with other teens that they will not share with adults. However, you may need to be persistent before they are willing to talk. Ask them if they are thinking about killing themselves. Talking about suicide or suicidal thoughts will not push someone to kill him- or herself. It is also not true that people who talk about killing themselves will not actually try it. **IF A FRIEND SAYS THAT HE OR SHE IS THINKING ABOUT KILLING HIM- OR HERSELF, TAKE YOUR FRIEND SERIOUSLY**.

You should be especially concerned if people tell you that they have made a detailed suicide plan or obtained a means of hurting themselves. If they announce that they are thinking of taking an overdose of prescription medication or jumping from a particular bridge, stay with them until they are willing to go with you and talk to a responsible adult, or until a responsible adult can be found who will come to you.

Don't pretend you have all the answers. Be honest. The most important thing you can do may be to help them

find help. **NEVER PROMISE TO KEEP SOMEONE'S INTENTION TO KILL OR HURT HIM- OR HERSELF A SECRET**. Let the person know that you would never tell this secret to just anyone, but you will tell a responsible adult if you think the person needs help.

WARNING SIGNS

Most suicidal people give some of the clues and warning signs listed here. By learning the warning signs, paying attention and trusting your own judgment, you can make the difference between life and death.

- Talking about, making a plan or threatening to complete suicide
- Previous suicide attempts
- Withdrawal or isolation from friends, family or school activities
- Changed eating habits or sleeping patterns
- Agitation, especially when combined with sleeplessness
- Giving away prized possessions, making final arrangements, putting affairs in order
- Themes of death or depression in conversation, writing, reading or art
- Recent loss of a friend or family member through death, suicide or divorce
- Sudden, dramatic decline or improvement in schoolwork
- Major mood swings or abrupt personality changes
- Feeling hopeless or trapped
- Use or increased use of drugs and/or alcohol
- Neglect of personal appearance
- Taking unnecessary risks or acting reckless
- No longer interested in favorite activities or hobbies

REMEMBER

Any one of these signs alone doesn't necessarily indicate a person is suicidal. However, all signs are reason for concern, several signals may be cause for concern of suicide and the top-listed warning sign requires immediate action. Warning signs are especially important if the person has attempted suicide in the past.

Ask. Listen. Be a Friend. Get help from an adult.
Your actions may save a life!

**IF YOU OR SOMEONE YOU KNOW IS IN CRISIS,
TAKE IMMEDIATE ACTION**

**Call the Idaho Suicide Prevention Hotline at
1-800-273-TALK (8255)**

Most information contained here is courtesy of the Suicide Prevention Resource Center. Visit their website for more information on youth suicide at www.sprc.org. Visit SPAN Idaho at www.spanidaho.org.

