

What to do

Here are some ways to be helpful to someone who is thinking about suicide:

Be direct. Talk openly and matter-of-factly about suicide

Be willing to listen. Allow expressions of feelings

Be non-judgmental. Don't debate whether suicide is right or wrong, or whether feelings are good or bad

Don't lecture on the value of life

Don't be sworn to secrecy

Seek support

Offer hope that alternatives are available

Take action. Remove means, such as guns or stockpiled pills

Get help from persons or agencies specializing in crisis intervention and suicide prevention

If you suspect that a friend or family member is thinking about suicide, you can call, chat online or text with a staff member at FrontLine Service 24 hours a day 7 days a week at 216.623.6888, www.FrontLineService.org or text "FLS" to 741741



AVAILABLE RESOURCES

When a person is in crisis he or she may have difficulty identifying people/organizations within the community who can provide assistance and support. Below is a list of such persons and organizations. Please contact them if you or someone you know needs help.

PROFESSIONAL SOURCES OF HELP

- community mental health agency
- private therapist or counselor
- member of the clergy
- family physician
- suicide prevention or crisis center

ADDITIONAL SOURCES OF HELP

24-Hour Mental Health Crisis Team
(216) 623-6888 or text "FLS" to 741741
Chat online at www.frontlineservice.org

FOR MORE INFORMATION

American Foundation for Suicide Prevention

www.afsp.org

Suicide Awareness Voices of Education (SAVE)

www.save.org

Suicide Prevention Resource Center (SPRC)

www.sprc.org

FrontLine Service Mission:

Reaching out to adults and children in Northeast Ohio to end homelessness, prevent suicide, resolve behavioral health crises, and overcome trauma.



Reaching out. Resolving crisis.

1744 Payne Avenue • Cleveland, OH

(Main) 216.623.6555

www.FrontLineService.org

Suicide Prevention Information

For Adults

24/7 Hotline

216.623.6888

Text "FLS" to 741741

Chat online Mon-Fri 3-9pm

www.FrontLineService.org



Reaching out. Resolving crisis.

Symptoms of Depression

- Persistent sad or “empty” mood
- Feeling hopeless, helpless, worthless, pessimistic and/or guilty
- Fatigue or loss of interest in ordinary activities, including sex
- Disturbances in eating and sleeping patterns
- Irritability, increased crying, anxiety or panic attacks
- Difficulty concentrating, remembering or making decisions
- Thoughts of suicide; suicide plans or attempts
- Persistent physical symptoms or pains that do not respond to treatment

While the symptoms specified above generally characterize major depression, there are other disorders with similar characteristics. Remember that only a doctor or mental health professional can diagnose depression.

The first step in preventing suicide is to understand and identify the risk factors. A risk factor is anything that increases the likelihood that someone will harm themselves. However, risk factors are not necessarily causes.

Risk Factors

- Previous suicide attempt(s)
- History of mental disorders, particularly depression
- Isolation, a feeling of being cut off from other people
- History of alcohol and substance abuse
- Family history of suicide or violence
- Feelings of hopelessness
- Impulsive or aggressive tendencies
- Loss (relational, social, work, or financial)
- Physical illness
- Unwillingness to seek help because of the stigma attached to mental health and substance abuse disorders or suicidal thoughts

Know the Signs of Suicide.

Are you or someone you love at risk of suicide?

Seek help as soon as possible if you should witness, hear, or see someone you know exhibiting any one or more of the following warning signs or have concerns that they may harm themselves.

Warning Signs for Suicide

- Talking about suicide
- Statements about guilt or worthlessness
- Preoccupation with death
- Loss of interest in things one cares about
- Withdrawing from friends, family and society
- No reason for living; no sense of purpose in life
- Increased alcohol or drug use
- Feeling trapped - like there's no way out
- Dramatic mood changes
- Anxiety, agitation, unable to sleep or sleeping all the time
- Rage, uncontrolled anger, seeking revenge
- Acting reckless or engaging in risky activities
- Making arrangements; setting one's affairs in order

**HELPING PEOPLE IN
NEED EVERYDAY.**

216.623.6888



Research suggests that approximately 90% of those who die by suicide suffer from a depressive disorder. Not all people with depression will show all symptoms or have them to the same degree. If a person has four or more symptoms, for more than two weeks, consult a medical doctor or psychiatrist.