

September is Suicide Prevention Awareness Month

# Creating hope through action

Now is the time to raise awareness and reduce the stigma surrounding suicide. Learn more about the warning signs and what you can do if you suspect someone is thinking about suicide. Be the one to save a life.

## Know the warning signs

- Hopelessness
- A negative view of self
- Aggressiveness and irritability
- Making suicide threats
- Increased alcohol or drug use
- Withdrawing from friends, family and society
- Trouble sleeping or sleeping all the time
- Changes in mood or behavior
- Feeling like a burden to others and giving things away

## Take time to reach out

You can help give someone hope by showing that you care. Notice what is going on with people in your life—a family member, friend, colleague or even a stranger. By stepping closer and reaching out, you can become aware of those around you who may need help. You do not need to tell them what to do or have solutions. Simply making the time and space to listen to someone talk about their experiences of distress or suicidal thoughts can help.

## Don't be afraid to ask someone if they are suicidal

You may not think it is your place to intervene, you may be afraid of not knowing what to say and/or you may be worried about making the situation worse. Offering support can reduce distress, not worsen it. When someone is upset, they are often not looking for specific advice. What you can do is listen without judgment, be compassionate, and know about resources to get help like the 988 Suicide and Crisis Lifeline (call, text or chat).

## SUICIDE CAN AFFECT EVERY ONE OF US.

One in every 100 deaths worldwide is the result of suicide.

The global suicide rate is over twice as high among men than women.

Over half of all deaths by suicide occur before the age of 50 years old.

Visit your member website for more information.

