



September Topic: Mental Health and Suicide Prevention

Signs Matter

Look for the following signs:

- **Suicide Attempts**– Individuals who attempt suicide.
- **Utter Hopelessness**– Individuals who feel helpless, hopeless, desperate and worthless.
- **Isolation**– Individuals who are alone, feel lonely, trap and isolate themselves, and lack work, social, and religious support.
- **Close Relationship Loss**– Individuals who perceive or believe that they have lost an important relationship such as a friend, spouse, or a loved one.
- **Ideation**– Individuals who express, threaten, write, or otherwise hint any thoughts of suicide.
- **Depression**– Individuals who are feeling sad, bitter, or moody, are pessimistic and withdrawn or have lost interest in regular activities or interest.
- **Ethanol (Alcohol)**-Individuals who depend or abuse alcohol or misuse drugs.

ACT Now!

Pain isn't always obvious, but most suicidal people show some of the above signs if they are thinking about suicide, ACT now when it matters most!

- **Ask** if someone is thinking about suicide
- Let them know you **Care**
- Get them assistance
(**Treatment**) as soon as possible



Presented by NHCH Health Promotion

For more information call us:

808-471-2280

