

WORKING TOGETHER TO PREVENT SUICIDE

FACTS & FIGURES:

- ◆ On average, one person died by suicide every four hours in PA
- ◆ More than six times as many people died by suicide in PA in 2018 than in alcohol related motor vehicle accidents
- ◆ Suicide is the 2nd leading cause of death for ages 10-34

SUICIDE PREVENTION MONTH September 2020

The COVID-19 Pandemic has affected individuals' physical and mental well-being.

This is a critical time to promote and protect your mental health and wellness, just as our global community is taking specific actions to maintain our physical health.

HOW CAN YOU HELP?

WE CAN ALL TAKE ACTION

Evidence shows that providing support services, talking about suicide, reducing access to means of self-harm, and following up with loved ones are just some of the actions we can all take to help others.

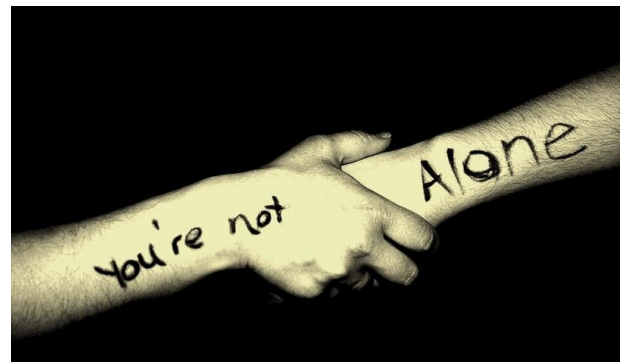
KNOW THE RISK FACTORS & WARNING SIGNS

Risk factors are characteristics that make it more likely that someone will consider, attempt, or die by suicide. Some of these risk factors include: mental disorders, alcohol and other substance use disorders, family history of suicide, and lack of social support.

Warning signs may help you determine if a loved one is at risk for suicide, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change. Some warning signs may include: talking about wanting to die, extreme mood swings, withdrawing or isolating, and increased use of alcohol and/or drugs.

CONNECT YOUR LOVED ONE WITH HELP

Studies have shown that individuals who utilize a suicide prevention resource feel less depressed, less suicidal, and more hopeful.



WHERE TO GET HELP

CMSU TAPline

1-800-222-9016

National Suicide Prevention Lifeline

1-800-273-8255 (TALK)

www.suicidepreventionlifeline.org

Crisis Text Line

Text 'HOME' to 741741

www.crisistextline.org

The Trevor Project:

Provides crisis intervention for LGBTQ young people

1-866-488-7386

www.thetrevorproject.org