

PREVENTING SUICIDE

If you are concerned, go with your instincts
and get help!



FIVE ACTION STEPS for Helping and Preventing

- 1. ASK THEM:** “Are you thinking about killing yourself?” Studies show that asking does not increase suicides or suicidal thoughts.
- 2. KEEP THEM SAFE:** Reduce access to highly lethal items. Lock up guns, pills and weapons.
- 3. CONNECT THEM:** Help the person connect with a trusted individual, such as a family member, friend, spiritual advisor, or mental health professional.
- 4. STAY CONNECTED:** Have open communication with your child’s school team. They can support your child’s needs at school.
- 5. BE THERE:** Ask and listen carefully. Acknowledging and talking about suicide reduces suicidal thoughts. Do not leave the person alone if you’re worried about their safety. Monitor your child’s social media accounts.



Suicide Warning Signs to Look For:

- ▶ Marked decline in school performance
- ▶ Looking for ways or means to kill themselves
- ▶ Expressing hopelessness about the future
- ▶ Talking about feeling trapped or experiencing unbearable pain
- ▶ Talking or writing about death, dying or suicide
- ▶ Showing worrisome behavioral cues or marked changes in behavior, including:
 - Withdrawal from or changes in social connections/situations
 - Increased/decreased sleep
 - Extreme mood swings
 - Difficulty concentrating at school or home
 - Increased use of alcohol or drugs
 - Talking about being a burden

Community Mental Health Resources:

**Huntsman Mental Health Crisis Line
and Utah Crisis Line:**

801-587-3000

National Suicide Prevention Lifeline:

1-800-273-TALK (8255)

Your Personal Health Care Provider

**Utah Community
Resource Line:**

211

Youth Services:

385-468-4500

**Valley Behavioral
Health:**

North: 801-539-7000

South: 801-263-7225

West: 801-963-4200

**Granite Crisis
Intervention Team:**

385-646-4645

Family Counseling Center:

801-261-3500

Web Resources:

UtahSuicidePrevention.org

YouTube - Mayo Clinic Suicide Prevention

School Contact: