

SHINING A LIGHT ON YOUTH SUICIDE PREVENTION

National Injury
Prevention Day
November 18, 2020

Suicide Prevention Resource Guide

Risk Factors

- Mental health conditions such as depression, anxiety or bipolar disorder
- Drug or alcohol abuse
- Previous suicide attempt
- Stressful life events such as loss of job, death in family, or relationship problems
- Prolonged stress factors such as harassment, bullying, or unemployment
- Access to firearms, drugs or other lethal means
- Family history of suicide
- Chronic health conditions/pain

If you suspect the person is suicidal, follow these steps:

- Take it seriously.
- Talk to the person. Listen and show compassion.
- Ask, "Are you thinking about hurting yourself?"
- If you feel the person is suicidal, do not leave them alone. Remove all possible lethal means from the area (including firearms and medications).
- Refer the person to help: www.SuicidePreventionLifeline.org; www.CrisisClinic.org
- Get help: If they don't or can't contact someone, do it for them.

Resources

- [Forefront](#)
- [The Trevor Project](#)
- [National Child Traumatic Stress Network](#)
- [The Jed Foundation](#)

Do you need help right now?

Call the National Suicide Prevention Lifeline at 1.800.273.TALK.

<https://hiprc.org/nipd/>

www.injuryfree.org

