



BEHAVIORAL HEALTH SYSTEM

Suicide can be prevented
Know the warning signs



800-831-1700
gulfportbehavioral.com

Know the warning signs

Suicide claims the lives of more than 40,000 Americans each year and is the second-leading cause of death for people ages 10-24 in the United States. More than 2 million young people attempt suicide each year in the U.S.

– National Institutes of Health, 2019

The warning signs that someone is struggling with suicidal feelings often are similar to those of depression. Things to look out for include:

- Changes in eating or sleeping habits
- Withdrawal from friends, family and regular activities
- Violent actions, rebellious behavior or running away (in teens)
- Drug and alcohol use
- Unusual neglect of personal appearance
- Marked personality change
- Persistent boredom or difficulty concentrating
- Frequent complaints about physical symptoms, often related to emotions, such as stomachaches, headaches or fatigue
- Loss of interest in previously enjoyed activities
- Not tolerating praise or rewards
- Verbal hints such as: "I won't be a problem for you much longer," "Nothing matters," "It's no use" or "I won't see you again."
- Putting affairs in order and giving away favorite possessions
- Becoming suddenly cheerful after a period of depression
- Presenting signs of psychosis (hallucinations or bizarre thoughts)



The following are risk factors:

- Major depression
- Alcohol and drug use
- A history of physical or sexual abuse
- Death of a friend or family member
- End of a relationship
- A previous suicide attempt

What to do if you think someone you know is at risk:

Be direct. Ask these questions:

- In the past few weeks, have you wished you were dead?
- In the past few weeks, have you felt that you or your family would be better off if you were dead?
- In the past week, have you been having thoughts about killing yourself?
- Have you ever tried to kill yourself?

– *National Institute of Mental Health (NIMH)*

If a person answers any of these questions affirmatively, show understanding, compassion and care. If you think the person is in immediate danger, call the **Suicide Prevention Hotline** at **800-273-8255** immediately and follow up with professional help.

We are here to help in times of crisis.

If you or someone you love is struggling with depression, anxiety or other behavioral health issues, call 800-831-1700 for a no-cost, confidential assessment available 24 hours a day.



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BEHAVIORAL HEALTH SYSTEM

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11150 U.S. Highway 49 North
Gulfport, MS 39503

Phone: 800-831-1700 | Fax: 228-236-2091

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