



Suicide Prevention Lifeline 1-800-273-8255

Coming July 2022 Dial 9-8-8 <https://suicidepreventionlifeline.org/>

Text MN to 741741 <https://www.crisistextline.org/>

*If you or a loved one is imminent risk, please contact 9-1-1 and ask for a crisis intervention Team (CIT) officer*

**KNOW**

### Some People are More at Risk for Suicide Than Others

**Health Factors**

**Mental Health Condition**

- Depression
- Substance use problems
- Bipolar disorder
- Schizophrenia and psychosis
- Personality traits of aggression, mood changes and poor relationships
- Conduct disorder
- Anxiety disorders

**Serious or Chronic Health Conditions and/or Pain**

Traumatic Brain Injury

**Environmental Factors**

**Access to lethal means** including firearms and drugs

**Prolonged stress**, such as harassment, bullying, relationship problems or unemployment

**Stressful life events**, which may include a death, divorce or job loss

**Exposure to another person's suicide**, or to graphic or sensationalized accounts of suicide

**Historical Factors**

**Previous Suicide Attempts**

**Family History of Suicide**

**Childhood Abuse, Neglect or Trauma**

**NOTICE**

### Watch for Suicide Warning Signs

**Talk**

**If a Person Talks About**

- Killing themselves
- Feeling hopeless
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Unbearable pain

**Behavior**

**Behaviors That May Signal Risk, Especially if Related to a Painful Event, Loss or Change**

- Increased use of alcohol or drugs
- Looking for a way to end their lives, such as searching online for materials or means
- Withdrawing from activities
- Isolating from family and friends
- Sleeping too little or too much
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Aggression
- Fatigue

**Mood**

**People Who are Considering Suicide Often Display One or More of the Following Moods**

- Depression
- Anxiety
- Loss of interest
- Irritability
- Humiliation
- Agitation
- Rage

**Risk factors are characteristics or conditions, that when combined, increase the chance that a person may try to end their life.**

**Most people who end their lives exhibit one or more warning signs, either through what they say or what they do.**

**TALK**

### Assume You're the Only One Who Will Reach Out

**If You're Concerned About Someone**

**Talk in Private**

Listen to their story, and let them know you care. Ask directly about suicide, calmly and without judgment. Show understanding and take their concerns seriously. Let them know their life matters to you. That one conversation could save a life.

**If a Person Says They Are Thinking About Suicide**

**Take the Person Seriously**

Someone considering suicide is experiencing a life-threatening health crisis and may not believe they can be helped. Work with them to keep them safely away from lethal means like firearms and drugs and remind them that their suffering is temporary.

Stay with them and call the National Suicide Prevention Lifeline: 1 800 273-TALK (8255).

**Be sure to follow up with them after the crisis to see how they're doing.**

**If You're Struggling Don't Wait for Someone to Reach Out**

Seek mental health treatment, or tell your clinician about your suicidal thinking.

Treat yourself like you would treat someone else who needs your help.

**Avoid**

- x Debating the value of life
- x Advice to fix it
- x Minimizing the person's feelings

## CRISIS RESOURCES

To search for your county crisis numbers: [Minnesota County Crisis Number](#)

For Veterans: [Veterans Crisis Line](#) 800-273-8255 then press 1

For LGBTQ Youth: [Trevor Project](#)

For Rural and Farming Communities: [Minnesota Farm & Rural Helpline](#) 833-600-2670

[AFSP Resources](#)

## ADDITIONAL RESOURCES

[American Foundation for Suicide Prevention, Minnesota Chapter](#)

[NAMI MINNESOTA](#)

[National Organization of People of Color Against Suicide](#)

[Suicide Awareness Voices of Education](#)

[Drug and Alcohol addiction](#)