

September is National Suicide Awareness and Prevention Month

You are loved
You are worthy
You matter

Suicide Warning Signs:



Listen For:

- Being a burden to others
- Experiencing unbearable pain
- Killing themselves
- Having no reason to live
- Feeling trapped



Behavior:

- Expressing thoughts of death
- Deterioration in hygiene
- Withdrawing from activities
- Increased use of alcohol or drugs
- Isolating from family and friends
- Giving away possessions
- Aggression



Mood:

- Loss of interests
- Depression
- Irritability
- Rage
- Humiliation
- Anxiety

Disparities:

Risk for suicide and suicide attempts disproportionately affects some groups, including:

- Veterans
- LGBTQ youth and adults
- People who live in rural areas
- Middle-aged adults (35-64 years)
- Tribal populations
- Youth (10-24 years)

WHAT TO DO:

- Ask, "Are you suicidal?" or "Are you thinking of killing yourself?"
- Offer hope, listen, don't judge.
- Never promise to keep someone's suicidal feelings a secret.
- Don't leave them alone.
- Call 988 or take them to the nearest ER
- Secure all medications!
- Keep firearms and ammunition in separate, locked locations!



988 Suicide & Crisis Lifeline



MT DPHHS

