



“Just knowing you're not alone is often enough to kindle hope amid tragic circumstances.”

— [Richelle E. Goodrich](#)

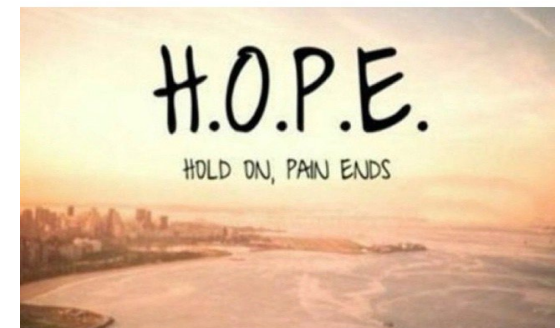


Jefferson County
Zero Suicide Team

SUICIDE PREVENTION



AWARENESS



Signs and Symptoms

The behaviors listed below may be signs that someone is thinking about suicide.

- Talking about wanting to die or wanting to kill themselves
- Talking about feeling empty, hopeless, or having no reason to live
- Making a plan or looking for a way to kill themselves, such as searching online, stockpiling pills, or buying a gun
- Talking about great guilt or shame
- Talking about feeling trapped or feeling that there are no solutions
- Feeling unbearable pain (emotional pain or physical pain)
- Talking about being a burden to others
- Using alcohol or drugs more often
- Acting anxious or agitated
- Withdrawing from family and friends
- Changing eating and/or sleeping habits
- Showing rage or talking about seeking revenge
- Taking great risks that could lead to death, such as driving extremely fast
- Talking or thinking about death often
- Displaying extreme mood swings, suddenly changing from very sad to very calm or happy
- Giving away important possessions
- Saying goodbye to friends and family
- Putting affairs in order, making a will

Risk Factors

Suicide does not discriminate. People of all genders, ages, and ethnicities can be at risk. Suicidal behavior is complex and there is no single cause. In fact, many different factors contribute to someone making a suicide attempt. But people most at risk tend to share certain characteristics. The main risk factors for suicide are:

- Depression, other mental disorders, or substance abuse disorder
- Certain medical conditions
- Chronic pain
- A prior suicide attempt
- Family history of a mental disorder or substance abuse
- Family history of suicide
- Family violence, including physical or sexual abuse
- Having guns or other firearms in the home
- Having recently been released from prison or jail
- Being exposed to others' suicidal behavior, such as that of family members, peers, or celebrities

Many people have some of these risk factors but do not attempt suicide. It is important to note that suicide is not a normal response to stress. Suicidal thoughts or actions are a sign of extreme distress, not a harmless bid for attention, and should not be ignored.

Resources

SUICIDE PREVENTION LIFELINE 1-800-273-TALK (8255)

The National Suicide Prevention Lifeline is a 24-hour, toll-free suicide prevention service available to anyone in suicidal crisis.

VETERANS CRISIS LINE 1-800-273-8255 Press 1

HOPELINE

Text "HOPELINE" to 741741 or go to www.centerforsuicideawareness.org for 24/7 free trained crisis counselors.

THE TREVOR LIFELINE 1-866-488-7386

A national organization focused on crisis and suicide prevention efforts among LGBT youth.

NATIONAL LAW ENFORCEMENT OFFICERS HOTLINE 1-800-COPLINE (267-5463)

Staffed 24/7 by retired officers for crisis intervention and more for active officers and their families.
www.copline.org

FIRE/EMS HELPLINE 1-888-731-FIRE (3473)

A 24/7 line serving behavioral health needs of first responders and their families.
<https://www.nvfc.org/fireems-helpline/>

JEFFERSON COUNTY HUMAN SERVICES DEPARTMENT 24 Hour Crisis Line 920-674-3105

