

SUICIDE AND DEPRESSION

What you need to know



*washtenaw***alive**

**Engaging the
Washtenaw County
Community in the
prevention of
suicide.**

washtenawalive.org



**Depression
is NOT a
normal
part of
aging.**

**The rate of suicide in men
65+ is seven times that of
females who are 65+.**

Source: American Foundation for Suicide
Prevention, www.afsp.org

Look for warning signs.

Most people who are suicidal give warning signs, such as:

- talking about suicide or making plans
- obsessing about death
- drawing or writing poems or essays with references to death
- increasing the use of alcohol or drugs
- giving away treasured belongings
- withdrawing from friends and activities
- losing interest in personal appearance
- displaying changes in behavior or personality
- taking unnecessary risks

**The more signs you see,
the greater the risk.**

If you feel suicidal, get help!

Don't try to handle it alone. In a crisis you will need help managing these feelings. Here are some options:

- ☎ Call **1-800-273-TALK** a 24-hour National Suicide Prevention Hotline (Military veterans should press '1').
- ☎ Call Washtenaw County Psychiatric Emergency Services **(734) 996-4747**.
- ☎ Call Ozone House **(734) 662-2222**.
- ☎ Dial **911** if you cannot keep yourself safe.

For non-emergency help:

- ☎ Dial **211** for information and referral on suicide prevention and depression treatment.
- ☎ Visit your family doctor or nurse. They can tell you about counseling options or medications.
- ☎ Talk with a teacher, school counselor or trusted adult.
- ☎ Call a priest, pastor, rabbi, or other religious leader.



**Treat depression
prevent suicide**

SUICIDE AND DEPRESSION: *What you need to know*

If you or someone you know is thinking or talking about suicide, read on to find out how you can help.

- Let them know you care.
- Be willing to listen, allow expression of feelings and accept their feelings.
- Ask, "Are you thinking about suicide? Have you made a plan?" Be direct, and talk openly.
- Be non-judgemental. Don't act shocked.
- Encourage your friend to seek help. Say things like, "I know where we can get some help. Let's call the crisis line now."

Do not leave them alone. Get help from professionals. Take action, remove lethal means such as guns or pills.

Alert important people in their life - family, friends, a teacher. Don't be sworn to secrecy. You may be saving a life.



*In the USA,
one
woman
completes
suicide
every 90
minutes.*

Source: American Foundation for Suicide Prevention, www.afsp.org

Depression can be treated.

Everyone feels sad or down sometimes, but if you or a loved one has overwhelming feelings of sadness lasting more than two weeks, depression may be the cause. Some symptoms of depression include:

- changes in appetite and weight
- sleeping too much or not at all
- not being able to enjoy things that used to be fun
- forgetfulness and not being able to concentrate
- feeling worthless and hopeless
- feeling overwhelmed by life

Depression is one of the most common mental illnesses in the USA, and the most treatable. Talk to a doctor or counselor about help.

Suicide is forever.

- Suicide does not solve problems. Alternatives exist, but they may be difficult to see. Ask for help.
- Most people who consider suicide do not want to die - they just want the pain to go away. Pain can be helped in other ways.
- Life's painful cycles do not last forever, even if it feels like they will.
- Having suicidal thoughts is nothing to be ashamed of. It is something to get help for.

*In the USA, suicide
is the fourth leading
cause of death in
18-65 year olds.*

Source: American Foundation for Suicide Prevention, www.afsp.org



*You can
make a
difference.*