

Mental Health Services

Factsheet: Suicide

No suicide attempt should be dismissed or treated lightly!

Why Do People Commit Suicide?

A suicide attempt is a clear indication that something is gravely wrong in a person's life. No matter the race or age of the person; how rich or poor they are, it is true that most people who commit suicide have a mental or emotional disorder. The most common underlying disorder is depression, 30 percent to 70 percent of suicide victims suffer depression or bipolar (manic-depressive) disorder.

Warning Signs of Someone Considering Suicide

Any one of these symptoms does not necessarily mean the person is suicidal, but several of these symptoms may signal a need for help:

- Verbal suicide threats such as, "You'd be better off without me." or "Maybe I won't be around."
- Expressions of hopelessness and helplessness.
- Previous suicide attempts.
- Daring or risk-taking behavior.
- Personality changes.
- Depression.
- Giving away prized possessions.
- Lack of interest in future plans.

Remember

Eight out of ten suicidal persons give some sign of the intentions. People who talk about suicide, threaten to commit suicide, or call suicide crisis centers are 30 times more likely than average to kill themselves.

What to DO if You Think Someone is Suicidal

- Trust your instincts that the person may be in trouble.
- Talk with the person about your concerns. Communication needs to include LISTENING.

- Ask direct questions without being judgemental. Determine if the person has a specific plan to carry out the suicide. The more detailed the plan, the greater the risk.
- Do not counsel the person yourself.
- Get professional help, even if the person resists.
- Do not leave the person alone.
- Remove any likely methods of self-harm or suicide.
- Do not swear to secrecy.
- Do not act shocked or judgmental.
- **Don't worry. Talking about suicide does not increase the risk of suicide.**

Providing a Safe Home for a Person Who May be Suicidal

- Alcohol: Remove from the home or limit amounts available.
- Firearms: Take actions to restrict or prevent access to weapons. When possible, remove weapons from the property.
- Vehicles: Prevent easy access to transportation.
- Ensure that poisons and pesticides are locked up or removed.
- Medications: Supervise the taking of medications.
- Do not discontinue medication without discussing the decision with the doctor.
- Dispose of unused or out-of-date medications.
- Get only a minimal amount of prescription medications.

Resources

- Clergy
- Mental health professionals
- Medical professionals
- School counselors
- Law-enforcement agencies

If you have questions or concerns about someone who may be suicidal, call 1-800-273-TALK (8255).

Other Resources

- American Association of Suicidology
Website: www.suicidology.org
- Nebraska State Suicide Prevention Coalition
Website: www.suicideprevention.nebraska.edu
- SPRC Suicide Prevention Resource Center
Website: www.sprc.org

Crisis Assistance

If someone you know is in crisis now, seek help immediately.

- Call 1-800-273-TALK (8255) to reach a 24-hour crisis center or dial 911 for immediate assistance or go to the nearest emergency department.
- Call CenterPointe Crisis Response Line at 402-475-6695.



Emergency mental health care

The Bryan mental health emergency department provides emergency mental health care/crisis assessments to determine if hospitalization is needed.

- Available 24 hours a day, seven days a week
- Go to Bryan West Campus emergency department, 2300 S. 16th St., Lincoln Neb.

Non-emergency mental health care

- Contact the Bryan Counseling Center
- Phone: 402-481-5991
- Hours: Monday-Friday, 9 a.m.-5 p.m.
- Location: Bryan West Campus, 2300 S. 16th St., Lincoln Neb.

Online, confidential depression, anxiety and alcohol screening, go to: bryanhealth.org/onlinescreenings

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