



# September is Suicide Prevention Awareness Month

Each year, more than 41,000 people die by suicide, according to the National Alliance on Mental Illness. In an effort to shed light on this tragedy, September has been designated National Suicide Prevention Awareness Month. During the month, we are encouraged to raise awareness and connect individuals with suicidal ideation to treatment services. It is also important to ensure that individuals, friends and families have access to the resources they need to discuss suicide prevention.

## Suicide Prevention

If someone—a friend, loved one, even a colleague—told you he or she had suicidal thoughts, what would you say? What would you do? Those are very difficult questions for anyone to face.

## Fact and Fiction about Suicide

Before you react in these situations, know this:

- Talking with someone about suicide acts as a deterrent
- Most people contemplating give clues and warning signs
- People will often get intoxicated prior to committing suicide
- Depression is associated with suicide but not all depressed people commit suicide

## Do's and Don'ts

If someone you know reveals suicidal thoughts, here are some suggestions:

### Be sure to...

- Listen. Let them know you're concerned about their well-being.
- Remain calm and objective.

## Here when you need us.

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- Reassure. Let them know there are resources to get them help.
- Maintain safety. Stay with them until assistance arrives.
- Call the authorities immediately.

### Do not...

- Judge them. This is not the time to explain how life is too valuable or to downplay their feelings.
- Act surprised. This could make them feel disconnected from you and be hesitant to talk.
- Tell them they won't go through with it. They might prove you wrong.
- Promise you won't tell anyone. This is not a subject you keep to yourself.

**If you are in crisis, please call the National Suicide Prevention Lifeline at 1.800.273.TALK (8255) or contact the Crisis Text Line by texting HOME to 741741.**

