SUICIDE PREVENTION GUIDE

Together, we have the power to combat suicide. Annually, the Lifeline, along with numerous mental health institutions and dedicated individuals both in the U.S. and globally, amplify the message of suicide prevention during September, recognized as National Suicide Prevention Month.

IMPORTANT STATISTICS

1 It's the 10th leading cause of death in America — second leading for ages 25-34, and third leading for ages 15-24.

2 46% of people who die by suicide had a diagnosed mental health condition - but research shows that 90% may have experienced symptoms of a mental health condition.

3 According to the CDC and National Institute of Mental Health, nearly 46,000 lives were lost to suicide in 2020 alone.

LOCAL & NATIONAL RESOURCES

National Support:
- **988 Suicide and Crisis Lifeline:** Available 24/7 for calls or texts.
- **988lifeline.org:** Engage in online chats if you're more comfortable typing.
- **NAMI Crisis Line:** Text 'NAMI' to 741-741 or dial 1.800.950.6264 to speak with a trained crisis counselor.
- **Local Emergency Department (ED) or Mobile Crisis:** Always an option for immediate assistance.

Rhode Island Specific Crisis Support:
- **BH Link:** Dial 401-414-5465 or visit them at 975 Waterman Ave, East Providence, RI.
- **The Samaritans of RI:** Reach out at 401.272.4044 or toll-free at 1.800.365.4044.
- **Butler Hospital:** Connect at 401-455-6200 or drop by 345 Blackstone Blvd, Providence, RI.

5 STEPS TO HELP SOMEONE AT RISK

- **Ask - Be Direct:** "Are you thinking about suicide?"
- **Keep Them Safe:** Remove means such as guns, knives, or pills.
- **Be There:** Listen Non-Judgementally
- **Help Them Connect:** Be prepared with resources.
- **Follow UP:** Check-In on the person.

WARNING SIGNS & RISK FACTORS

- Isolation
- Substance Abuse
- Drastic Mood/Behavior Changes
- Family History of Suicide
- Sense of Hopelessness
- Access to Firearms
- Recent Tragedy or Loss
- Giving Things Away
- Frequently Talking About Death
- Making Funeral Arrangements

SCAN THE QR CODE FOR MORE INFORMATION & RESOURCES

Lifespan Employees: Call or Text NexGen EAP at 1.888.213.0153 for 24/7/365 Support