

HOTLINE INFORMATION

If you are having thoughts of suicide
and want to talk with someone,
call the National Suicide
Prevention Lifeline

1-800-273-TALK (8255)

GET MORE INFO NOW!

National Suicide Prevention Lifeline
suicidepreventionlifeline.org

Mental Health First Aid
mentalhealthfirstaid.org

National Council for Behavioral Health
thenationalcouncil.org

Suicide Prevention Resource Center
sprc.org

American Association of Suicidology
suicidology.org

American Foundation for
Suicide Prevention
afsp.org

RAFT CRISIS HOTLINE

Locally, you can call the
Raft Crisis Hotline
(a program of NRVCS)
at 540.961.8400
or visit
nrvc.org/raft

**If you are in crisis
& need emergency
mental health services,
call 540.961.8400**

SUICIDE FACTS:

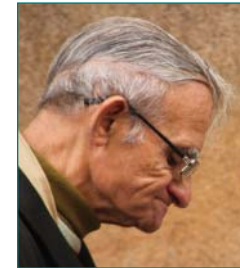
An American dies from suicide every
12.95 minutes

Over 40,000 Americans die by suicide
every year

Suicide is the 10th leading cause of
death in the U.S.

It is the second leading cause of death
among persons ages 10 - 24 and the
fifth leading cause of death for
persons ages 45-59

**NATIONAL
SUICIDE
PREVENTION
LIFELINE™
1-800-273-TALK (8255)
suicidepreventionlifeline.org**



**YOU can help
PREVENT
SUICIDE**



PREVENTION SERVICES

www.nrvc.org



WARNING SIGNS TO WATCH FOR

- Thoughts of suicide
- Increased substance use (alcohol or other drugs)
- Feeling purposeless - expressions of having no reason for living; no sense of purpose in life
- Anxiety, agitation, trouble sleeping or changes in sleep patterns
- Feeling of being trapped - like there is no way out
- Withdrawal from family, friends and community
- Rage, uncontrolled anger, expressions of wanting or seeking revenge
- Reckless behavior or more risky activities, seemingly without thinking
- Mood changes
- Giving away prized possessions

FACTORS THAT INCREASE THE RISK OF SUICIDE

- Mental illnesses, particularly mood disorders, schizophrenia, anxiety disorders and certain personality disorders
- Previous suicide attempt(s)
- Family history of suicide
- Bullying and/or harrassment
- History of trauma or abuse
- Alcohol and other substance use disorders
- Feelings of hopelessness
- Impulsive and/or aggressive tendencies
- Major physical illnesses or chronic pain
- Loss of relationship
- Easy access to lethal means like guns and prescription drugs
- Lack of social support and sense of isolation
- Stigma associated with asking for help
- Feeling very different than your peers

HOW YOU CAN HELP THOSE IN NEED

FREE TRAINING OPPORTUNITIES

SafeTALK is an evidence-based, half-day workshop that examines the taboo surrounding suicide and trains people to be "suicide alert," including the steps to take to get a person with thoughts of suicide to safety. Workshops are open to anyone over the age of 15 and there are no pre-requisites. To schedule a workshop for your group, please contact Leslie Beasley at lbeasley@nrvc.org or Rene Cox at rcox@nrvc.org.

Mental Health First Aid is an 8-hour course that introduces participants to mental illnesses and their risk factors. The course prepares participants to work with persons experiencing mental health crises, and how to connect them to help and services. There is also a version of this training for youth. To register for this class, contact Christine Hatchett at chatchett@nrvc.org.

ASIST (Applied Suicide Intervention Skills Training) is a 16-hour course that addresses the complexities of suicide and teaches the skills to intervene with a person experiencing active thoughts of suicide. It is an evidence-based program and there are no pre-requisites. To register for a course, please contact Bethany Webb at bwebb@nrvc.org.