

Neighbor Neighbor

IN TIMES OF DISTRESS WE STAND TOGETHER

◀◀ AND HELP OUR NEIGHBORS ▶▶

KNOW THE SIGNS ▶▶

Learning the warning signs of suicide could save someone's life. While an individual may not be experiencing all of these warning signs, most will experience more than one and for an extended period of time. Some are obvious while some are more subtle, so it's important to know what to look for and what to do next if you do notice these behaviors in someone you care about. With each of these warning signs, watch for a change from the individuals typical behavior.

- ▶▶ Withdrawal
- ▶▶ Giving away possessions
- ▶▶ Acting anxious or agitated
- ▶▶ Unexplainable physical pain
- ▶▶ Talking about being a burden
- ▶▶ Displaying extreme mood swings
- ▶▶ Excessive drinking or substance use
- ▶▶ Feeling trapped or in unbearable pain
- ▶▶ Saying goodbye
- ▶▶ Feeling hopeless
- ▶▶ Changes in sleep
- ▶▶ Increase in anger or rage
- ▶▶ Risky or reckless behavior
- ▶▶ Talking or writing about wanting to die
- ▶▶ Looking for a way to kill themselves

GET HELP NOW ▶▶

If you are feeling suicidal or if you are concerned about an individual who is suicidal, there is immediate help available. A skilled, trained counselor at a crisis center is able to talk to you now and provide assistance.

Suicide Prevention Lifeline: 1-800-273-TALK (8255)

or text HELLO to 741741

Nebraska Family Helpline: 888-866-8660

Rural Response Hotline: 800-464-0258

RISK FACTORS >>

Definition: Things that have occurred or exist in someone's life that increase their chances of suicide. Please note, someone who has experienced one or more of these may never think of suicide, but risk increases the more factors that exist.

- >> Death or other trauma in the family
- >> Persistent serious family conflict
- >> History of physical or sexual abuse, trauma, violence, or pain
- >> Personal loss - death, divorce, separation
- >> Traumatic break-ups of romantic relationships
- >> Job problems, unemployment, financial loss
- >> Legal/criminal issues
- >> School failures & other major disappointments
- >> Bullying, harassment, or victimization by peers
- >> Struggling with gender identity or sexual orientation without adequate support
- >> Family history of alcoholism
- >> Past suicidal behavior and attempts
- >> Access to firearms

HOW TO HELP >>

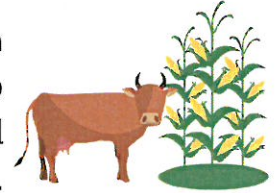
- >> Know the warning signs.
- >> **ACT** - **A**cknowledge, **C**are, **T**ell
- >> Never leave someone who is suicidal alone.
- >> Take any and all comments about suicide very seriously.
- >> Never keep thoughts or comments about suicide a secret.
- >> Be direct, and not afraid to ask the question, "Are you thinking about suicide?"

CHANGE THE STATS >>



Suicide rates in agriculture are higher than for any other occupation.

Access to mental health services remain limited to farmers because of the rural nature of their occupations.



Approximately 1 in 5 adults experiences mental illness in a given year.

HOW TO START >> THE CONVERSATION

Have suicide prevention resources in hand when starting the conversation. Be specific. Tell them exactly why you're concerned about them.

- >> "I've noticed you stopped coming to _____ and you've lost interest in things you once enjoyed. I'm concerned about you. What's going on?"
- >> "You seem down lately. How have things been going at _____?"
- >> "Tell me more about how you're feeling."

Validate their feelings and provide them with support and resources:

- >> "You're not alone. We will get through this together."
- >> It's ok to say, "I want you to live."