



## In the United States, in any given year, there are:

- More than 30,000 completed suicides.
- Hundreds of thousands of suicide attempts.
- Millions of people affected by a loss due to suicide.

## Suicide Warning Signs

Seek help as soon as possible by contacting a mental health professional or by calling one of the resource numbers listed below if you or someone you know exhibits any of the following suicide warning signs:

- Threatening to hurt or kill oneself or talking about wanting to hurt or kill oneself
- Looking for ways to kill oneself by seeking access to firearms, available pills, or other means
- Talking or writing about death, dying, or suicide when these actions are out of the ordinary for the person
- Feeling hopeless
- Feeling rage or uncontrolled anger or seeking revenge
- Acting reckless or engaging in risky activities—seemingly without thinking
- Feeling trapped—like there's no way out
- Increasing alcohol or drug use
- Withdrawing from friends, family, and society
- Feeling anxious or agitated, being unable to sleep, or sleeping all the time
- Experiencing dramatic mood changes
- Seeing no reason for living or having no sense of purpose in life

## How can you help someone?

If you know someone whom you think may be suicidal, show that you care by:

- Listening to them with sincere concern for their feelings. Do not offer advice, but let them know that they are not alone.
- Sharing your feelings with them. If you feel that they may make a reckless decision, tell them that you are concerned. They need to know that they are important to you and that you care.
- Inquiring if they have had suicidal thoughts or if they have made a suicide plan in a straightforward and caring manner. If you feel you cannot ask the question, find someone who can.
- Get help for yourself. No one should try to help a suicidal person on their own. There are resources to help you.

## Help is available anytime, anywhere.

There are both local and national services that can help. In Massachusetts, Samaritans answers the National Suicide Prevention Lifeline, which is a free and confidential service for those who are seeking help when they feel like there is nowhere to turn.

If you need to talk:

National Suicide Prevention Lifeline: 1-800-273-TALK (4889) – press 1 for veterans, 2 for Spanish  
Samaritans Massachusetts Statewide Toll-Free Helpline: 1-877-870-HOPE (4673)

For information:

National Suicide Prevention Lifeline: [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)  
American Association for Suicidology: [www.suicidology.com](http://www.suicidology.com)  
Suicide Prevention Resource Center: [www.sprc.org](http://www.sprc.org)