

When it hurts to live

*If you know someone who feels
sad, lonely and depressed,
please read this card.
You might save a life.*



hang on.

HOW CAN YOU HELP SOMEONE WHO'S HURTING, MAYBE EVEN SUICIDAL?

PAY ATTENTION. Don't try to cheer the person up at this point or offer quick solutions.

ACCEPT what the person says he or she is feeling **WITHOUT** judging. Don't say, "Oh, you shouldn't feel this way!"

ACT CALM even if you feel anxious. If you act shocked or agitated, your friend may feel ashamed and uncomfortable and refuse to talk to you further.

ASSURE your friend that sometimes everyone feels hurt or depressed, even hopeless and that your friend is not alone.

SEEK HELP. Don't try to cope with this alone. You deserve and need professional assistance and it's available, free and 24 hours a day.

FACTS ABOUT SUICIDE

- For young people 15-24 years old, suicide is the third leading cause of death.
- Each year more that 30,000 people commit suicide in The United States.

WARNING SIGNS

Just because a person shows one or more of these signs, it doesn't mean that person is suicidal. But it does mean that we should tune in and pay attention. The situation might be serious.

- previous suicide attempt(s)
- history of mental disorders, particularly depression
- history of alcohol and/or substance abuse
- family history of suicide
- impulsive or aggressive tendencies
- loss (relationships, social, work or financial)
- physical illness
- local increase in suicides
- feeling of isolation
- giving away of possessions
- loss of interest in activities

FACTS ABOUT SUICIDE

- In 2009, 650,000 individuals were treated in emergency rooms for self-inflicted injuries.
- More people die from suicide than homicide.

WHAT IF YOU ARE THE ONE WHO'S HURTING? Please call the Clermont County Crisis Hotline for yourself. A calm, non-judgmental counselor will listen, care and help. You may not feel you have the energy to carry on any longer. But give yourself some time and some free, capable emergency assistance; things can change and get better. Remember, you don't have to face this alone. We care about you.

Clermont County Crisis Hotline

**528-SAVE
(528-7283)
Available 24/7**

Funded by the Clermont County Mental Health and Recovery Board. Certified by the American Association of Suicidology (AAS). Operated by Child Focus, Inc.

**PLEASE VISIT
www.CCMHRB.org**

FOR ADDITIONAL INFORMATION SUCH AS:

- long-term effects
- additional myths and facts
- help/advice
- resources

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