

Suicide Helpcard

Signs Of Suicide

- appears depressed: sad, tearful, poor sleep, poor appetite, hopeless,
- threatens suicide
- talks about wanting to die
- shows changes in behavior, appearance, mood
- abuses drugs, alcohol
- experienced significant loss
- deliberately injures self
- giving away possessions
- recent breakup in a relationship

What To Do

Provide AID

Ask. Don't be afraid to ask "Are you thinking about hurting yourself?"

Intervene immediately.

Don't keep it a secret.

Follow the acronym LIFE

Locate help:

Staff Duty Officer,
chaplain, doctor,
nurse, friend,
family, crisis line, hospital emergency

Inform:

Chain of Command
of the situation

Find Someone to Stay with the
person— **Don't leave the
person alone.**

Expedite Get help immediately. A
suicidal person needs
immediate attention by
helpers.