

Suicide Prevention

Depression, anxiety, violence, alcohol, and other substance use are some of the mental health conditions that can appear, as risk factors for suicide. The World Health Organization, defines suicide as the deliberate act of taking one's life, causing injury, with the intent to die. Suicidal behavior can be expressed as a continuum from ideation, planning, and attempt to suicide.

Pay Attention to Signs

- Talk about wanting to die or stop living.
- Talk about feeling empty or hopeless, or having no reason to live.
- Talk about feeling trapped or thinking there is no solution.
- Feeling emotional and physical intolerable pain.
- Talk about being a burden to others.
- Walk away and friends.
- Giving away important possessions.
- Say goodbye to friends and family.
- Put your affairs in order, such as making a will.

How to help someone with emotional pain

- Asking at risk person decrease suicidal thoughts.
- Keep the person safe.
- Be there, make yourself present and listen.
- Help the person to connect with a trusted friend or a health professional.
- Stay connected after a crisis.

Recommendations

- Find and identify the signs of a person with suicidal ideas.
- If you have to react in a similar situation. You can say to the person, that is not alone and that you are there offering a listening ear.
- Mention and offer to the person that is possible find a supportive or a counselor who will listens seriously about feelings and any other support.

- You can offer to attempt find activities in accordance with the person preferences that may contribute to make feel the person better.
- Support and seek the search of professional help.
- Keep accessible help line phone numbers, such as the ASSMCA PAS line **1-800-981-0023**.

If someone tells you that is thinking about suicide, it is important that you...

- Don't leave the person alone.
- Take it seriously
- Do not judge
- Understand and validate the person feelings.
- Let the person know you want to help.
- Make it easy for the person to verbalize and express what feels.
- Encourages the search for help through counseling with professional intervention.
- Help the person to find answers and alternatives for the situations.

Social and Emotional Aspect

For recommendations, tools, and resources on how you and your family can deal with the emotional and physical concerns that arise during and after your medical treatment, please visit your primary care physician or contact the following phone lines:

Medical Advice Line

1-844-347-7801

TTY/TDD: 1-844-347-7804

APS Healthcare

787-641-9133