

National Suicide Prevention Week is September 9-15th, 2018.

In Connecticut, the CDC statistics from 2016, reports that suicide is the 2nd leading cause of death for 15 to 34-year-olds.

There is no single cause that leads to suicide, but there are warning signs that you can look for.

If a person is **speaking about**:

- Killing themselves
- Feeling hopeless
- Having no reason to live
- Feeling though they are a burden
- Feeling trapped.

If a person has **behaviors of concern** such as:

Increased alcohol or drug use, withdrawing from activities, isolating from family and friends, sleeping too much or too little, saying goodbye, giving away prized possession, impulsive or reckless behavior, writing about death.

People who are considering suicide **can display the following moods**:

Depression, anxiety, loss of interest, irritability, agitation/anger, relief or sudden improvement in their mood.

Suicide has many **risk factors** that include:

- Mental health conditions such as depression, substance use disorder, bipolar disorder, anxiety disorder, and other mental health conditions.
- Environmental factors such as access to lethal means (planning), stressful life events/crisis events, prolonged stress and
- Historical factors that can include previous suicide attempts, family history of suicide and child abuse, neglect or trauma.

If you are concerned about someone or need assistance for yourself there are 24 hours per day, 7 days per week assistance:

- National Suicide Prevention Lifeline: **1-800-273- (TALK) 8255**
- Dial **211** anywhere in the state of CT for 24 hours per day, 7-day per week support through the United Way of CT.
- Free text line through NAMI (National Alliance on Mental Illness) **text 741-741** to be connected to a trained crisis counselor on the Crisis Text Line.