



*Reaching  
out can be  
lifesaving*

If you or someone you know is in immediate danger, call **911** or go to the nearest **emergency room**.



## Start the Conversation

**Suicide:** A sensitive topic that many are reluctant to discuss. But we all encounter people struggling with overwhelming stress and hopelessness, and we sometimes wonder what we can say or do. Sometimes we may feel this way ourselves.

**An important fact:** Educators, family members, and friends can provide critical – even life-saving help by learning to listen without judgment and recognizing warning signs.

This guide offers practical suggestions to support people in crisis.

## SICHC Mental Health Services

Call your nearest location



### SICHC PAOLI

420 W. Longest Street, Paoli  
(812) 723-3944



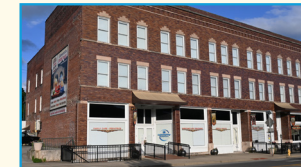
### SICHC MITCHELL

2759 State Road IN-37,  
Mitchell (812) 992-5440



### SICHC BEDFORD

629 Lincoln Avenue, Bedford  
(812) 675-4470  
(beside Hope Resource Center)



### SICHC WEST BADEN

8163 W. State Road 56,  
Suite A, West Baden  
(812) 723-7125



### SICHC ENGLISH

307 S. Indiana Ave., English  
(812) 338-2924



### SICHC MARENGO

5604 E. White Oak Lane,  
Marengo (812) 365-3221

## Community Mental Health Services

- **LifeSpring Health Systems Southern Indiana** – (800) 456-2117

## Immediate Help (24/7)

- **988 Suicide & Crisis Lifeline**  
Call or Text 988
- **Crisis Text Line** – Text IN to 741741
- **SAMHSA Helpline** – (800) 662-HELP (4357)
- **Veterans Crisis Line** – 988 (Press 1)
- **Trevor Project (LGBTQ+ Youth)**  
(866) 488-7386



SICHC SUICIDE PREVENTION INITIATIVE

START THE  
CONVERSATION  
**Suicide  
Prevention  
Begins with You**

**Hope. Help. Healing.**

Learn the signs, reduce stigma, and  
connect to life-saving support.

[SICHC.ORG/MENTAL-HEALTH](https://sichc.org/mental-health)





## Key Facts

### Why Suicide Prevention Matters

Suicide is a major public health issue in the U.S. (CDC, 2024):

- Over 49,000 deaths in 2022 — one every 11 minutes
- 2nd leading cause of death for ages 10–14 and 25–34
- Men die by suicide 4x more often than women
- January often shows increased risk due to post-holiday stress and seasonal changes

Awareness and early intervention save lives.

## Warning Signs

- Talking about wanting to die or feeling hopeless
- Withdrawing from family, friends, or activities
- Mood swings, rage, or increasing agitation
- Increased use of alcohol or drugs
- Giving away possessions or saying goodbye
- Major changes in sleep or appetite
- Sudden calmness after deep distress

## Risk Factors

- History of mental health conditions
- Previous suicide attempts
- Substance issues
- Family history of suicide
- Chronic pain or serious illness
- Access to firearms or medications
- Bullying, social isolation, or recent loss

## How to Help & Prevention Tips

### If You Are Struggling

- Reach out — **Call or text 988**
- Make a safety plan with trusted contacts
- Limit access to lethal means
- Stay connected to supportive people

### Parents

- Talk early and often — asking does NOT increase risk
- Watch for isolation, hopelessness, or talk of death
- Normalize conversations about emotions
- Partner with schools and pediatricians

### Teachers and School Staff

- Create stigma-free classrooms
- Refer concerning behavior immediately
- Seek training: QPR (Question, Persuade, and Refer) or Youth Mental Health First Aid

### Friends, Family and Coworkers

- Listen without judgment
- Ask directly: “Are you thinking about suicide?”
- Offer to call 988 together or connect to help
- Follow up — check-ins save lives

## Self-Care and Coping Tools

- Maintain healthy sleep routines.

- Stay active; try walks, stretching, or simple movement
- Connect with others
- Try mindfulness or grounding exercises

## Person-First Language: Talking Safely About Suicide

Use words that support healing and reduce stigma:

**Say:** “died by suicide,” “having suicidal thoughts,” “in crisis”

**Avoid:** “committed suicide,” “successful/unsuccessful attempt”

### What You Can Say:

“I’m really sorry you’re feeling this way. You’re not alone. Let’s find help together right now”

## Myths vs Facts

**Myth:** Talking about suicide gives someone the idea

**Fact:** Open, compassionate conversation can reduce risk

**Myth:** People who talk about suicide won’t do it

**Fact:** Most who die by suicide shared warning signs beforehand

**Myth:** Only people with mental illness consider suicide

**Fact:** Many factors: stress, trauma, loss can contribute

## Staff and Community Support

Supporting others can be emotionally taxing. Care for yourself:

- Take breaks and set boundaries
- Seek supervision or peer support
- Use resources like 988 or SAMHSA for your own well-being

## Helpful Resources

- SAMHSA – Stress Management Tools
- NIMH – Coping with Seasonal Affective Disorder
- Mental health apps: Headspace, Insight Timer

## Learn More

- **CDC** – [www.cdc.gov/suicide](http://www.cdc.gov/suicide)
- **NIMH** – [www.nimh.nih.gov/health/topics/suicide-prevention](http://www.nimh.nih.gov/health/topics/suicide-prevention)
- **SAMHSA** – [www.samhsa.gov/suicide-prevention](http://www.samhsa.gov/suicide-prevention)
- **AFSP** – [www.afsp.org](http://www.afsp.org)
- **988 Lifeline** – [www.988lifeline.org](http://www.988lifeline.org)
- **IN.gov - Indiana Suicide Prevention** – [www.in.gov/issp](http://www.in.gov/issp)

## Training Opportunities

- **QPR** – 90-minute gatekeeper training [www.qprinstitute.com](http://www.qprinstitute.com)
- **Mental Health First Aid** [www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org)
- **ASIST** (Applied Suicide Intervention Skills Training) – Two-day intervention skills workshop - [www.livingworks.net/asist](http://www.livingworks.net/asist)

