









PREVENTING SUICIDE IN OUR COMMUNITY

YOUR LIFE IS GOOD. YOUR LIFE IS A GIFT.
- sometimes we need help to believe -






COMMON MYTHS

- X SUICIDE DOESN'T HAPPEN IN OUR COMMUNITY**
In the United States, 5% of all adults and 13% of youth ages 12-25 had **serious suicidal thoughts** in 2021. The highest rates of suicide are among adults ages 85+.
- X TALKING ABOUT SUICIDE COULD PROVOKE SOMEONE TO ATTEMPT IT** Although high-profile suicides may trigger other attempts, **talking honestly and openly** about suicide is important because it lets people know non-judgmental help is available.
- X MENTAL HEALTH STRUGGLES SHOULD BE KEPT SECRET** There is **nothing shameful** about suffering from depression, anxiety, or suicidal thoughts, and there are people who want to help.

COMMON WARNING SIGNS

-  Talking about wanting to die or being a burden.
-  Feeling empty, hopeless, trapped, sad, or angry.
-  Taking risks or increased substance abuse.
-  Being isolated, withdrawing from loved ones.
-  Increased anxiety, extreme mood swings.
-  Saying goodbye, giving away possessions.

HOW TO HELP

-  Ask. Be there.
Keep them safe. Don't leave them alone. 
-  Secure weapons. Lock medicine cabinets.
-  Help them connect to resources.
-  Follow up in person and through prayer.

COUNSELING

PARISH COUNSELING NETWORK

Low-cost, short-term counseling services for parishioners in need, with six sessions offered at a \$10 co-pay per session. Parishioners may be referred by their parish or contact PCN directly: **866-962-7487**

SOLACE HOUSE

Free counseling and support services: **718-482-0001**

988LIFELINE.ORG



Are you thinking about suicide or worried about a friend or loved one?
You are not alone! Help is available.
Call or text 24/7 (English or Spanish) for immediate help for yourself or a loved one.

