



Suicide Warning Signs

People who kill themselves exhibit one or more warning signs, either through what they say or what they do. The more warning signs, the greater the risk.

Talk

If a person talks about:

- Killing themselves.
- Having no reason to live.
- Being a burden to others.
- Feeling trapped.
- Unbearable pain.

Behavior

A person's suicide risk is greater if a behavior is new or has increased, especially if it's related to a painful event, loss, or change.

- Increased use of alcohol or drugs.
- Looking for a way to kill themselves, such as searching online for materials or means.
- Acting recklessly.
- Withdrawing from activities.
- Isolating from family and friends.
- Sleeping too much or too little.
- Visiting or calling people to say goodbye.
- Giving away prized possessions.
- Aggression.

Mood

People who are considering suicide often display one or more of the following moods.

- Depression.
- Loss of interest.
- Rage.
- Irritability.
- Humiliation.
- Anxiety.

Find Help

In an Emergency, Contact:

- Suicide Prevention Hotline: 1-800-273-TALK (8255)
- Psychiatric hospital walk-in clinic
- Hospital emergency room
- Urgent care center/clinic
- Call 911

Who is a Mental Health Professional?

- Someone who can help people get relief from mental health problems and disorders and find ways to improve mental wellness and resiliency.
- They may be a psychiatrist, psychologist, social worker, marriage and family therapist, psychiatric nurse, or counselor with mental health training.
- You may find these professionals in emergency rooms, hospitals, clinics, schools, community and religious centers, and in private practices.

How Can a Mental Health Professional Help?

- If you feel unhappy, depressed, anxious, fearful, moody, or in need of emotional help, a mental health professional can help you to understand your problems and to feel better.
- They have specialized training to identify and understand problems that may be causing you discomfort or putting you at risk.
- They also have specialized training in helping people with a variety of mental disorders.
- If you need it, they can prescribe medicine, or can connect you with someone who can determine whether you need medication.
- They are trained to offer an objective, independent viewpoint.
- They can help you to connect with other professionals and specialists, if needed.

How Can Someone Find a Mental Health Professional?

- Ask your family or primary care doctor, pediatrician, or ob-gyn physician for a referral.
- Students who are in school and their families

can talk to a guidance counselor.

- Those in a college or university can contact the student Counseling Center or Health Center.
- Connect to a clinic or treatment facility associated with a local Medical School or graduate training program in psychology, counseling or social work.
- Contact the Department of Psychiatry at your local hospital.
- If there is a university in your area, inquire whether they have a Depression Research Center or other mental health services.

Professional Organizations

American Psychiatric Association

www.psych.org
apa@psych.org
1-888-357-7924 and press 0

American Psychological Association

www.apa.org
<http://locator.apa.org/>
1-800-964-2000

National Association of Social Workers

www.naswdc.org
www.helppro.com/nasw/BasicSearch.aspx

Department of Veterans Affairs

www.mentalhealth.va.gov/gethelp.asp

U.S. Substance and Mental Health Services Administration (SAMHSA)

<http://findtreatment.samhsa.gov/>

National Organizations

Depression & Bipolar Support Alliance

www.dbsalliance.org

Anxiety Disorders of America Association

www.adaa.org/findinghelp/treatment

Mental Health America

www.mha.org

National Alliance for the Mentally Ill (NAMI)

www.nami.org

Local Resource

Taylor Regional Hospital

222 Perry Highway
Hawkinsville, Ga 31036
(478)783-0200