



World Suicide Prevention Day is Sept. 10 and falls within National Suicide Prevention Week, September 8-14. These events bring together individuals and organizations to mobilize collaborative suicide prevention efforts to **save lives across the country and around the world.**

In 2012, suicide was Utah's 6th leading cause of death and Utah's suicide rate has been consistently higher than the U.S. rate for more than a decade.



The coalition recently launched their website, www.utahsuicideprevention.org, dedicated to providing a comprehensive source for suicide prevention and postvention resources and information. Many resources, including local crisis resources, up-to-date data, and education and training opportunities can be found on the website.

Warning Signs of Immediate Risk:

- Threatening to hurt or kill themselves
- Looking for ways to kill themselves
- Talking or writing about death, dying or suicide

Additional Warning Signs:

- Increased substance use
- No reason for living, no sense of purpose
- Anxiety, agitation, unable to sleep or sleeping all the time
- Feeling trapped
- Hopelessness
- Withdrawal from friends, family & society
- Rage, anger, revenge
- Acting reckless or in risky behaviors
- Dramatic mood changes



Everyone can play a role in suicide prevention!

All suicidal thoughts, behaviors, and attempts should be taken seriously. Get help 24/7 by calling the Statewide CrisisLine at 801-587-3000 or the National Suicide Prevention LifeLine at 1-800-273-TALK or online at www.suicidepreventionlifeline.org . Trained consultants will provide free and confidential crisis counseling to anyone in need.

Visit www.utahsuicideprevention.org

How to help someone who may be at risk for suicide:

- If you recognize these warning signs or think someone might be considering suicide- **Ask Them!** This does not make someone more likely to attempt suicide and can help save lives.
- If you or someone you know is at risk for suicide, **take action immediately!** Do not leave them alone.
- **Call the Suicide Prevention Lifeline** 1-800-273-TALK (8255) or 911.
- Take the person to the emergency room or **seek help** from a mental health professional.
- **Listen** and **tell them there is hope**. It can be a great relief to someone in crisis when another person is willing to listen and talk with them about their thoughts.



HOPE Squad

Talk to a member of the HOPE Squad. They are specially trained 8th & 9th grade students that know how to listen and can help you know what to do!

Suicide Prevention Links



Utah Suicide Prevention Coalition

Information about:

- Where to get help.
- Warning signs
- Education
- Facts
- Resources



National Suicide Prevention Lifeline Website

Information about:

- Who should call.
- Why you should call.
- What happens when you call.
- Help for yourself or someone else.
- SO much more.



Suicide Awareness Voices of Education (SAVE)



Hope 4 Utah

Lots of resources about prevention, warning signs, protective factors, risk factors, talking to children of all ages, facts, symptoms, best practices, etc.