

## Warning Signs

Warning signs indicate a suicidal crisis has already begun and heightened suicide risk is in the near-term.

### Direct or Indirect Threats

- Talking about wanting to die or suicide
- Feeling hopeless, trapped, or in unbearable pain
- Being a burden to others
- Looking for a way to kill oneself

### Mood Changes

- Increased depression, despair, irritability, etc.
- Loss of interest
- Sudden sense of peacefulness
- Withdrawing or isolating from others

### Preoccupation or Obsession with Death or Suicide

- Writing essays or poems about death
- Artwork or drawings depicting death

### Making Final Arrangements

Once the decision has been made to end their life, some people begin making final arrangements. This can include:

- Giving away prized or favorite possessions
- Cancelling big plans
- Putting their affairs in order
- Saying goodbye to family and friends

**1-800-342-0774**

**24/7 Helpline and Crisis  
Counseling**

**National Suicide Prevention  
Lifeline: 988**

## How To Help

### Be Supportive

- Communicate your concern for the individual's well-being
- Listen without judgement and allow expression of feelings
- Offer hope that alternatives to suicide are available

### Be Direct

- If you suspect that someone is thinking about suicide, ask the person directly if they are thinking about hurting themselves and if they have a plan (how, where, when). The more detailed the plan, the greater the risk
- Do not promise confidentiality

### Take Action

- Remove any objects that could be used in a suicide attempt (guns, knives, pills, etc.)
- Stay with the person. If someone is suicidal, he or she should not be left alone
- Take the person to an emergency room or seek help from a medical or mental health professional
- **Take all threats seriously**

Apalachee Center, Inc.  
2634 Capital Circle, N.E.  
Tallahassee, FL 32308  
Phone: (850) 523-3333

**In the Event of an  
Emergency  
Dial 911**



## OUR HISTORY

Apalachee Center, Inc. has served the Tallahassee community since 1948. In 1977, services were expanded to include the surrounding seven counties, resulting in a service area that now spans across 5500 square miles. We serve approximately 7500 clients each year and employ over 500 individuals throughout our many facilities. We are currently the largest community mental health center between Pensacola and Gainesville. We serve as intern/resident sites for both Florida State University and Florida Agricultural and Mechanical University in areas that include pharmacy, psychiatry, social work, nursing, and psychology.

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## Suicide

## Awareness

Phone: (850) 523-3333

Mobile Response Team

(800) 342-0774

## Did You Know?

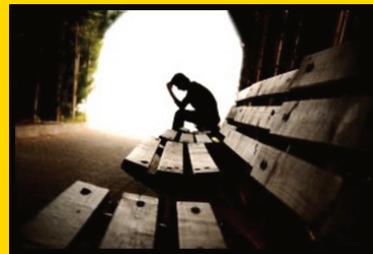


- Suicide is the **10<sup>th</sup>** leading cause of death in the US in 2020
- On average, **123** Americans die by suicide every single day
- There is **1** death by suicide every **12** minutes
- 20% of suicide deaths in the US are Veterans
- Only  $\frac{1}{2}$  of all Americans experiencing an episode of major depression receive treatment
- Alcohol is involved in 20% of all suicides in the US
- **1** out of every **25** attempts ends in suicide

2020 Suicide statistics found via [www.samhsa.gov](http://www.samhsa.gov) and [www.save.org](http://www.save.org)

## Who Is Most At Risk?

- People age 45 - 54 (80% of suicides are age 45 - 54. Also, men more than women in this age range are at risk)
- Young American Indian Men
- Young Alaskan Natives
- Veterans
- LGBTQ+
- Suicide attempt survivors
- Loss survivors
- Disaster survivors
- Those with substance/alcohol use
- “Chronic suicidality” is when one threatens suicide frequently, often as a means to manipulate or control. This is high risk because these people often end up committing suicide unintentionally
- Those who make repeated threats (pseudo-attempts) often have their resistance to self-harm lowered and tend to receive less help due to their past “false-alarms”



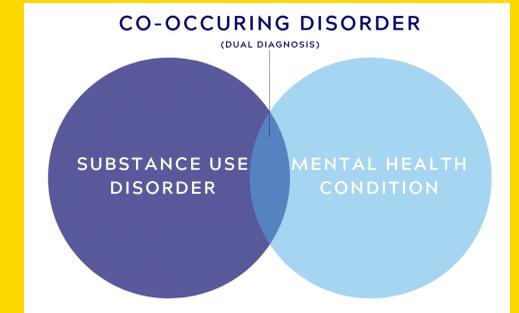
## What Might They Be Going Through?

Individuals at risk for suicide often have experienced or are currently experiencing:

- A recent **LOSS** (loved one, relationship, divorce, job, etc.)
- Have **ACCESS** to means (weapons, medications, etc.)
- An increase **USE OF DRUGS** or alcohol
- Feelings of **LONELINESS** or **ABANDONMENT**
- Feelings of **GUILT, SHAME, HUMILIATION** or **REJECTION**
- A change in **SLEEP** pattern (too little or too much)
- Emotional stress resulting as **PHYSICAL COMPLAINTS** (headache, stomachache, loss of energy, etc.)
- Acting **RECKLESS** or taking excessive risks
- May suffer from **HEALTH PROBLEMS**
- Suffer from **DEPRESSION** or other mental illnesses
- A **PREVIOUS ATTEMPT** (1 of every 3 suicides was not the first attempt)

## What Is a Co-occurring Disorder?

Individuals with co-occurring disorders have both a mental health diagnosis as well as an alcohol or substance abuse diagnosis.



### Co-occurring disorders increase risk because they often include:

- Mood instability
- Chronic hopelessness
- Poor self-image or self-esteem
- Less likelihood to seek help
- Little future orientation
- High exposure to abuse, violence, suicide loss and other trauma
- Frequent hospitalizations
- High criminal justice system contact and incarcerations