

Suicide Prevention

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Luzio & Associates Behavioral Services

See videos and access links that offer more information on mental health.

GROUPS!

Life Hacks: Boys Edition/ Every other Wednesday @ 5:00pm/Middle School boys

Girl Power/ Every other Monday @ 5:30pm/Middle School girls

Girl Talk/ Every other Wednesday @ 5:15pm/High School girls

Self-Care isn't Selfish/ Every other Tuesday @ 5:00pm/Anyone over the age of 18

Parenting Unplugged: The Luzio Way/Fourth Wednesday of each month 5:00-6:15pm/one session group parenting program \$15 per person/Insurance not accepted

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How to help those around you struggling with suicidal thoughts

Get professional help. Call a crisis line for advice and referrals. Encourage the person to see a mental health professional, help locate a treatment facility, or take them to a doctor's appointment.

Follow-up on treatment. If the doctor prescribes medication, make sure your friend or loved one takes it as directed. Be aware of possible side effects and be sure to notify the doctor if the person seems to be getting worse. It often takes time and persistence to find the medication or therapy that's right for a particular person.

Be proactive. Those contemplating suicide often don't believe they can be helped, so you may have to be more proactive at offering assistance. Saying, "Call me if you need anything" is too vague. Don't wait for the person to call you or even to return your calls. Drop by, call again, and invite the person out.

Encourage positive lifestyle changes, such as a healthy diet, plenty of sleep, and getting out in the sun or into nature for at least 30 minutes each day. Exercise is also extremely important as it releases endorphins, relieves stress, and promotes emotional well-being.

Make a safety plan. Help the person develop a set of steps he or she promises to follow during a suicidal crisis. It should identify any triggers that may lead to a suicidal crisis, such as an anniversary of a loss, alcohol, or stress from relationships. Also include contact numbers for the person's doctor or therapist, as well as friends and family members who will help in an emergency.

Remove potential means of suicide, such as pills, knives, razors, or firearms. If the person is likely to take an overdose, keep medications locked away or give them out only as the person needs them.

Continue your support over the long haul. Even after the immediate suicidal crisis has passed, stay in touch with the person, periodically checking in or dropping by. Your support is vital to ensure your friend or loved one remains on the recovery track.

[National Suicide Prevention hotline: 1-800-273-8255]

[Local Suicide Prevention hotline: 812-422-1100]

5 Action Steps for Helping Someone in Emotional Pain

- ASK**
"Are you thinking about killing yourself?"
- KEEP THEM SAFE**
Reduce access to lethal items or places.
- BE THERE**
Listen carefully and acknowledge their feelings.
- HELP THEM CONNECT**
Save the National Suicide Prevention Lifeline number 1-800-273-8255.
- STAY CONNECTED**
Follow up and stay in touch after a crisis.