

## Suicide Helpcard



### Signs Of Suicide

- appears depressed: sad, tearful, poor sleep, poor appetite, hopeless,
- threatens suicide
- talks about wanting to die
- shows changes in behavior, appearance, mood
- abuses drugs, alcohol
- experienced significant loss
- deliberately injures self
- giving away possessions
- recent breakup in a relationship

## What To Do

### Provide AID

**Ask.** Don't be afraid to ask "Are you thinking about hurting yourself?"

**Intervene** immediately.

**Don't** keep it a secret.

### Follow the acronym LIFE

**Locate help:** Staff Duty Officer, chaplain, doctor, nurse, friend, family, crisis line, hospital emergency

**Inform:** Chain of Command of the situation

**Find:** Someone to Stay with the person— **Don't leave the person alone.**

**Expedite:** Get help immediately. A suicidal person needs immediate attention by helpers.