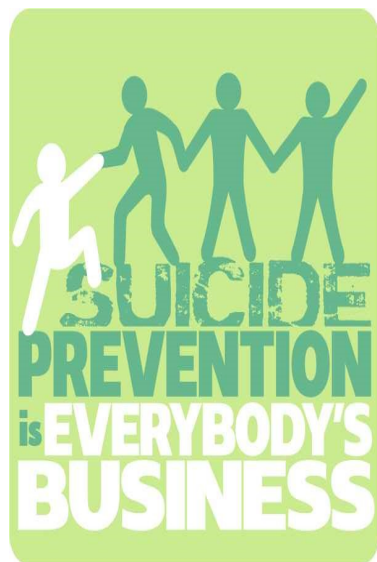


S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES...WORDS OF WHIZ-DOM

Brought to you by Health and Wellness Promotion in the Center for Health and Well-Being September 14, 2020



SUICIDE PREVENTION

According to World Health Organization (WHO) (2019), Close to 800,000 people die by suicide every year. Furthermore, for each suicide, there are more than 20 suicide attempts. Suicides and suicide attempts have a ripple effect that impacts on families, friends, colleagues, communities and societies. Suicides are preventable. Much can be done to prevent suicide at individual, community and national levels.

Source: https://www.who.int/health-topics/suicide#tab=tab_1

According to National Institute of Mental Health (2019), It is important to note that suicide is not a normal response to stress. Suicidal thoughts or actions are a sign of extreme distress, not a harmless bid for attention and should not be ignored.

Source: <https://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml>



According to the National Institute of Mental Health (2019), Suicide does not discriminate. People of all genders, ages, and ethnicities can be at risk. Suicidal behavior is complex, and there is no single cause. Many different factors contribute to someone making a suicide attempt. But people most at risk tend to share specific characteristics.

Source: <https://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml>

HOW YOU CAN HELP

5 Action Steps for Helping Someone in Emotional Pain

<p>ASK</p> <p>"Are you thinking about killing yourself?"</p>	<p>KEEP THEM SAFE</p> <p>Reduce access to lethal items or places.</p>	<p>BE THERE</p> <p>Listen carefully and acknowledge their feelings.</p>	<p>HELP THEM CONNECT</p> <p>Save the National Suicide Prevention Lifeline number 1-800-273-8255.</p>	<p>STAY CONNECTED</p> <p>Follow up and stay in touch after a crisis.</p>
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For more information on suicide prevention: www.nimh.nih.gov/suicideprevention

WARNING SIGNS OF SUICIDE:

The behaviors listed below may be some of the signs that someone is thinking about suicide.

TALKING ABOUT:

- Wanting to die
- Great guilt or shame
- Being a burden to others

FEELING:

- Empty, hopeless, trapped, or having no reason to live
- Extremely sad, more anxious, agitated, or full of rage
- Unbearable emotional or physical pain

CHANGING BEHAVIOR, SUCH AS:

- Making a plan or researching ways to die
- Withdrawing from friends, saying good bye, giving away important items, or making a will
- Taking dangerous risks such as driving extremely fast
- Displaying extreme mood swings
- Eating or sleeping more or less
- Using drugs or alcohol more often

If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.

National Suicide Prevention Lifeline
1-800-273-TALK

Crisis Text Line
Text "HELLO" to 741741

Health and Wellness Promotion

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www.nimh.nih.gov/suicideprevention

NATIONAL SUICIDE PREVENTION LIFELINE™
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www.suicidepreventionlifeline.org