

My Daddy used to
play cars with me.
I miss him a lot.

Every 18 minutes someone in the U. S. dies by
suicide and someone is left to make sense of it.



Photo of Peter and Dana Beale by Robert A. Davis

Suicide... Danger Signs

Risk Factors:

- Past history of attempted suicide
- Psychiatric disorders like depression, schizophrenia, substance abuse, personality disorders
- Family history of suicide, depression or other psychiatric disorder
- Impulsive and/or aggressive tendencies
- Hopelessness, feeling useless
- Some major physical illnesses
- History of trauma or abuse
- Stigma associated with seeking help and barriers to mental health and substance abuse care
- Males are three to five times more likely to die by suicide than females
- Elderly Caucasian males have the highest suicide rates

Suicide Crisis Warnings:

- A recent particularly depressing event, such as loss of a loved one, job or financial loss
- Depression, anguish, anxiety, guilt, hopelessness, sense of abandonment or isolation
- Changes in behavior
- Statements indicating thoughts of suicide like, "My family would be better off without me."
- Talking or acting as if saying goodbye.
- Actions ranging from buying a gun to putting one's affairs in order or disposing of belongings
- Deteriorating functioning at work or socially, increasing use of alcohol, other self-destructive behavior

While some suicides occur without any outward warning, most do not. Take all threats of suicide seriously and never leave a suicidal person alone. The most effective way to prevent suicide among loved ones is to learn how to recognize the signs of someone at risk, take those signs seriously and know how to respond to them. The emotional crises that usually precede suicide are most often recognizable and treatable.

**For More Information Contact NAMI Ohio at 1-800-686-2646.
For Immediate Help Contact Your Local Mental Health Center
Or Mental Health Crisis Line.**



Underwritten by donations made to the Peter D. Beale Memorial Suicide Prevention Fund of NAMI Ohio,
747 E. Broad St., Columbus, Ohio 43205, 1-800-686-2646

