

SUICIDE WARNING SIGNS & RESOURCES

Negative Self Thought

Useless
Guilty
Not good enough
Ashamed
Unwanted
Useless
Worthless

Mood

Irritability
Rage
Depression
Humiliation
Anxiety
Withdrawn
Defeated

Other

Recent losses
Health Problems
Family history of suicide
Previous attempts
Psychiatric history

Behavior

Hopeless
Increased alcohol use
Acting recklessly & impulsively
Isolating/withdrawing from family & friends
Sleeping too much or too little
Visiting or calling people to say goodbye
Looking for ways to complete suicide
Dramatic changes in mood or behavior
Preoccupation with death or dying

Talk

Experiencing unbearable pain
Stating they want to kill themselves
Feeling trapped
Having no reason to live
Being a burden to others

How you can help

Talk to them
Ask them about suicide
Listen w/o judgement
Help connect them to resources
Go w/ them to a counselor
Stay w/ them
Create Safety
Follow-up

Coping Skills

Spend time w/ people
Do enjoyable activities
Exercise
Call a friend
Go for a walk/run
Take a shower/bath
Relax
Listen to music
Watch a funny movie
Spend time w/ family



CALL A CRISIS LINE

Seasons Center|844.345.4569

Assessment & Stabilization Center|712.560.7996

Plains Area Mental Health|888.546.0730

Creative Living Center|888.587.2537

YourLifelowa.org|855.581.8111

The COVID-19 pandemic can cause anxiety and strong emotions in adults and children both. We are all experiencing heightened amounts of stress, anxiety, worry and loneliness. Coping with stress will make you, the people you care about and your community stronger.

Sioux Rivers Regional Mental Health and Disabilities Services is here for you.