

Am I or someone I know seriously depressed or contemplating suicide? How do I know?

Thoughts – (Thinking or saying “Everyone would be better off without me”, no one can do or say anything to help me now”)

Stressful Events – (parents divorce, didn't make the team, bad grades, a sudden tragic death or long term illness of a friend or loved one.)

Sudden change in behavior / attitude – (giving away prized possessions, substance abuse, self harm/mutilation)

Outside Appearance Changes – (lack of interest in appearance, sleep disturbances, too much/little, health problems such as heavy weight gain or loss)

If you think that either you or someone you know might be in danger, use the following steps to find out...

#1 – ASK THE QUESTION – “Are you thinking about killing yourself?” Asking this question may help and will not cause them to take his/her life!

#2 – LISTEN - Listen with an open heart and mind and do not try to solve the problem alone or give your advice.

#3 – CLARIFY - Once it is made clear that you or someone you know is suicidal, you should ask the following questions:

- Do you have a plan to kill yourself?
- Would you like to talk about your reasons for wanting to die? (encourage dialogue)
- Can you think about some reasons that you may want to live? (encourage dialogue)

#4 – ACTION PLAN -

- Have you thought of when you are going to take your life?
- How do you plan on taking your life?
- Make a promise to each other that you all will include and inform a responsible adult right away.

#5 – FOLLOW THROUGH with your commitment to each other to ensure that the person at risk chooses life!

Am I or someone I know seriously depressed or contemplating suicide? How do I know?

Thoughts – (Thinking or saying “Everyone would be better off without me”, no one can do or say anything to help me now”)

Stressful Events – (parents divorce, didn't make the team, bad grades, a sudden tragic death or long term illness of a friend or loved one.)

Sudden change in behavior / attitude – (giving away prized possessions, substance abuse, self harm/mutilation)

Outside Appearance Changes – (lack of interest in appearance, sleep disturbances, too much/little, health problems such as heavy weight gain or loss)

If you think that either you or someone you know might be in danger, use the following steps to find out...

#1 – ASK THE QUESTION – “Are you thinking about killing yourself?” Asking this question may help and will not cause them to take his/her life!

#2 – LISTEN - Listen with an open heart and mind and do not try to solve the problem alone or give your advice.

#3 – CLARIFY - Once it is made clear that you or someone you know is suicidal, you should ask the following questions:

- Do you have a plan to kill yourself?
- Would you like to talk about your reasons for wanting to die? (encourage dialogue)
- Can you think about some reasons that you may want to live? (encourage dialogue)

#4 – ACTION PLAN -

- Have you thought of when you are going to take your life?
- How do you plan on taking your life?
- Make a promise to each other that you all will include and inform a responsible adult right away.

#5 – FOLLOW THROUGH with your commitment to each other to ensure that the person at risk chooses life!

Comforting a Suicide Survivor...

Everyone grieves in their own way and within their own time frame. They need time, love, and understanding. Give it to them!

Offer ideas instead of advice. They can decide what they want to do and when.

Encourage them to find a support group.

Listen when they talk about the person they lost!

Allow them to cry, crying helps release built up emotions and grief.

Help them to not feel guilty for taking care of themselves - remind them to get a lot of sleep, eat regularly, drink plenty of water, and exercise.

Be aware of difficult times, like anniversaries and holidays.

What Not To Do...

Don't stop visiting or calling them.

Don't make comparisons to your own losses

Don't tell them how they “should” feel or try to change their feelings.

Don't add to their grief and guilt by pointing out things they should have done differently.

Don't ask why or how this happened

Don't take over their responsibilities unless they ask you to do so.

Don't tell them this was God's will or preach to them.

Don't change the subject when they want to talk about their loved one.

Statistics

- Every 18 minutes someone dies by suicide in the United States.
- Each week in our nation we lose 100 young people to suicide.
- Suicide survivors are at a significantly higher risk of suicide.
- Suicide is the second leading cause of death for our college age youth.
- Suicide is the third leading cause of death among young people ages 15-24.
- Suicide is the fourth leading cause of death among young people ages 10-14.
- For every 2 victims of homicide in the U.S. there are 3 deaths from suicide.

Suicide is FINAL!

There are no second chances. Suicide is a permanent solution to a temporary problem!

If you are experiencing a crisis, or cannot see past the pain, PLEASE, reach out and get help. There are people who care that you make the choice to LIVE!

Talk to your friends, your parents, a teacher, a spiritual advisor, a doctor. Any local psychologist or counselor can refer you to help in your area.



OUR MISSION:

TO ESTABLISH
**SUICIDE PREVENTION,
AWARENESS
AND EDUCATIONAL PROGRAMS**
IN JACOB'S MEMORY.

Jacob Crouch Foundation
2851 Johnston Street PMB # 282
Lafayette, LA 70503
Phone: (337) 234-1828
Email: info@injacobsmemory.org
www.injacobsmemory.org

Emergency Contact / Resources

If you or someone you know is contemplating suicide, please call one of the following resources and/or visit the websites listed for free information on how to get help.

CALL 911 AND/OR GO STRAIGHT TO THE EMERGENCY ROOM FOR IMMEDIATE HELP!

National Suicide Prevention Lifeline



1-800-273-TALK
(1-800-273- 8255)
www.suicidepreventionlifeline.org

National Suicide Hopeline



1-800-SUICIDE
(1-800-784-2433)
www.hopeline.com

American Foundation for Suicide Prevention



1-888-333-AFSP
(1-888-333-2377)
www.afsp.org

National Mental Health Association



1-800-969-NMHA
(1-800-969-6642)
www.nmha.org

Jacob Crouch Foundation



www.injacobsmemory.org

Warning Signs

Suicide is preventable! Most suicidal people desperately want to live, they are just unable to see solutions to their problems. They are unable to cope with traumatic and stressful times in their lives. Most people (about 4 out of 5) exhibit signs of their suicidal intentions. Being aware of the following common warning signs of suicide may save the life of someone you know.

Thoughts of Suicide

- Talking or writing about wanting to hurt or kill one's self.
- Preoccupation with death/dying
- Making statements such as:
"I can't go on any longer"
"Everyone would be better off without me"
"Life is not worth living"

Previous Attempts

- Self harm
- Reckless behavior

Changes in Behavior

- Withdrawing from family & friends
- Losing interest in most activities that one cares about
- Dramatic change in personal appearance and or personality

Depression – *Untreated or undertreated depression is the #1 cause for suicide!*

- Feeling the "blues" every day for two weeks or longer
- Feeling hopeless, helpless, worthless or alone
- Sleep disturbances – sleeping too much or too little
- Feeling trapped like there is no way out

Making Final Arrangements

- Giving away prized possessions
- Saying good-byes or making amends
- Sharing of funeral plans

How you can help?

If someone you know tells you he/she is thinking about suicide, take it seriously. Do not leave them alone.

Show that you care by:

- **Inquire if they have had suicidal thoughts.** Do not be afraid to ask questions if their actions or behavior cause you concern. It is okay to ask, "Are you thinking of taking your own life?" You will not put the idea in their head. Asking the question lets that person know that you are concerned for their safety and that you care.
- Listen to them with sincere concern for their feelings. **Do not be judgmental.** Do not offer advice, but let them know that they are not alone.
- Be direct. Let them know how their death could affect you and others. They need to know that they are important to you and that you care.
- Encourage them to seek professional help. Offer to go with them.
- Remove any harmful items such as firearms, drugs, ropes, poisons, razor blades and any other type of weapon.
- Never keep secret a friend's thoughts of harming themselves – tell a relative, pastor, guidance counselor or call 911.

IF YOU FEEL THE THREAT IS SERIOUS,
GET HELP!
DO NOT LEAVE THEM ALONE!

IF YOU OR ANYONE YOU KNOW NEEDS HELP, PLEASE CALL:

SUICIDE LIFE CARD

IF YOU OR ANYONE YOU KNOW NEEDS HELP, PLEASE CALL:

SUICIDE LIFE CARD

911 FOR IMMEDIATE HELP

1-800-273-TALK (1-800-273-8255)
www.suicidepreventionlifeline.org
1-800-SUICIDE (1-800-784-2433)
www.hopeline.com

American Foundation for Suicide Prevention

1-888-333-AFSP (1-888-333-2377)
www.AFSP.org
National Mental Health Alliance
1-800-969-NMHA (1-800-969-6642)
www.NMHA.org

• Ask the Tough Question

• Listen Carefully

• Clarify what you are hearing

• Establish an ACTION PLAN • FOLLOW THROUGH



911 FOR IMMEDIATE HELP

1-800-273-TALK (1-800-273-8255)
www.suicidepreventionlifeline.org
1-800-SUICIDE (1-800-784-2433)
www.hopeline.com

American Foundation for Suicide Prevention

1-888-333-AFSP (1-888-333-2377)
www.AFSP.org
National Mental Health Alliance
1-800-969-NMHA (1-800-969-6642)
www.NMHA.org

• Ask the Tough Question

• Listen Carefully

• Clarify what you are hearing

• Establish an ACTION PLAN • FOLLOW THROUGH

