



**Suicide rarely happens without warnings.**

**Signs of Suicidal Ideation** - all signs should be taken seriously at all times

- **Threats**- These may be direct statements like “I want to die, or I’m going to kill myself” or could be indirect such as, “The world would be better off without me”.
- **Previous attempts or self-harm**- Those who have attempted in the past are more likely to try again. Self-injurious behavior may actually have been attempts or can be warning signs. This could appear like reckless behavior.
- **Final arrangements**- This could encompass giving away items such as prized possessions, deleting profiles or saying goodbye.
- **Seeking ways to kill oneself**- web searches, stockpiling of medication, asking about guns, etc.
- **Dramatic Changes**- Changes could include withdrawing from activities and people they have typically enjoyed or found important, inability to sleep or sleeping more often, weight gain or loss, disinterest in appearance or hygiene, and even unexplained happiness after a prolonged period of sadness.
- **Loss of Hope and/or feelings of desperation or of being trapped**- discussing being a burden to others.
- **Suicide Notes**
- **Increased alcohol or drug use**
- **Revenge seeking, anger or rage**

## **What to Do, Who to Call?**

- Talk with the person and listen to their feelings. Make sure they know how important they are to you and others. Express empathy. **DIRECTLY ASK THE PERSON “ARE YOU THINKING ABOUT KILLING YOURSELF”.**
- Emphasize to the individual that no problem is so great that it can’t be solved.
- Make no deals. You cannot promise that you will not tell someone else.
- Supervise the person you feel may be in danger, they should not be left alone.
- Do not put yourself in danger.
- Remove items that could be used to commit suicide (medications, guns, knives, etc.).
- **ALWAYS** discuss your concerns right away with a health care professional such as a therapist or a person in a leadership role.
- If you or someone you know has suicidal thoughts they can contact the 24-hour suicide/crisis hotline at (513) 281-CARE.
- **If the child is in crisis call the Psychiatric Intake Response Center (PIRC) at Cincinnati Children’s Hospital at (513) 636-4124 or contact the Mobile Crisis Team at (513) 584-5098.**
- **If this is an emergency call 911.**
- If the child is not in crisis but needs mental health services, check with the child’s school to see if they offer school-based mental health services, or contact MindPeace at (513) 803-0844 or [www.mindpeacecincinnati.com](http://www.mindpeacecincinnati.com).

**References:**

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