

More information: www.idahosuicideprevention.org

- Call 911 and request a welfare check
- Go to the Emergency Room
- Go to a crisis center (adult 18+ yrs., free, no hold)
- Talk to someone you trust
- Contact the Suicide Prevention Hotline

Take Action:



by JANNUS

24/7 confidential crisis support. **Help** a loved, one, friend or yourself.
Always here. Ready to listen.

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Suicidal Risk Factors:

- Prior suicide attempt
- Mood disorders
- Substance abuse
- Access to lethal means

Suicidal Warning Signs:

- Threatening to hurt to kill oneself
- Seeking a means to kill oneself
- Feeling hopeless
- Talking about being a burden to others
- Dramatic mood changes

Suicide Protective Factors:

- Connections to friends, family, community
- Access to physical and mental health care
- Coping and problem-solving skills
- Ability to adapt to change
- Limited access to lethal means (firearms, pills, etc.)