

# 4 Ways to Prevent Suicide

A Construction Suicide Prevention Partnership Toolbox Talk

[www.suicide-stops-here.org](http://www.suicide-stops-here.org)

## #1 Remove the Stigma

The first thing we can all do to help prevent suicide is to talk about it. No person in a suicidal state or struggling with any mental health issue should have to feel silenced or shamed. The same is true for people who are worried about a friend or family member. They should know that they can reach out and make a difference. Too often, people are afraid to bring up the subject of suicide, fearing that they'll be wrong or "put the idea in someone's head." This is a big misconception. People need to talk about suicide and open the doors of communication to those suffering from suicidal thoughts. These individuals need to know that they are not alone and that there is an entire community who is there, who can relate, and who will support them in the hardest times.

## #2 Learn the Warning Signs

- Disturbed sleep patterns
- Anxiety, agitation
- Pulling away from friends and family
- Self-hating thoughts
- Feeling like they don't belong
- Hopelessness
- Rage and irritability
- Increased use of alcohol or drugs
- Feeling like they are a burden to others
- Loss of interest in favorite activities
- Giving up on themselves
- Risk-taking behavior
- Suicidal thoughts, plans, or actions
- Sudden unexplained mood change for the better
  - This could be relief due to a decision made to end their life



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## #3 Learn How to Reach Out and Connect

When we think someone may be suicidal, we can learn ways to reach out and show we care. Everyone can learn the helper tasks that can save a life. Just like CPR, there are a set of steps we can follow to help a suicidal person. One method is known as **QPR: Question, Persuade, and Refer**. Training in QPR is available online as a 1 to 2-hour course. Those who get QPR trained are better able to "recognize the warning signs of suicide, know how to offer hope, and know how to get help and save a life."

Get Connected with QPR and Other Trainings Here:

[www.gettrainedtohelp.com](http://www.gettrainedtohelp.com)

or

[www.LinesforLife.org](http://www.LinesforLife.org)



## #4 Know the Resources

Anyone who is suicidal or who knows someone who is suicidal should know these resources:

**National Suicide and Crisis Lifeline:** available 24/7 by texting or calling 988. Their website also has an online chat feature

**Crisis Text Line:** this 24/7 text line allows you to text with trained crisis counselors. The text line is free and confidential. It can be reached by texting HELLO to 741741.

### Important

For more information on these and other resources, check out [www.Suicide-Stops-Here.org](http://www.Suicide-Stops-Here.org)  
To watch the video version of the Toolbox Talk Scan the QR code.

