



SHATTER THE SILENCE

SUICIDE

THE SECRET YOU
SHOULDN'T KEEP

IF YOUR FRIEND TELLS YOU THEY ARE HAVING THOUGHTS OF SUICIDE...

WHAT TO DO

- Listen and offer support
- Take them seriously
- Accompany them to seek help
- Call the Lifeline

WHAT NOT TO DO

- Do not leave them alone
- Think it will go away
- Keep it a secret
- Think you can fix it by yourself or that it will pass

WARNING SIGNS

- Depression
- Changes in sleeping or eating habits
- Withdrawal from friends and family
- Irritability and anger
- Problems concentrating
- Feelings of isolation
- Anxiety and/or fear
- Feelings of helplessness or hopelessness
- Thoughts of suicide
- Engaging in reckless or risky activities
- Attempting to acquire firearms, medications, or other means to harm self

VETERAN SPECIFIC RISKS

- Frequent deployments and/or length of deployments
- Deployments to hostile environments
- Exposure to extreme stress
- Physical/sexual assault while in the service
- Service related injury



Talking through things with a trusted friend can help you realize the need for help. By showing concern and support, you can prevent more serious problems from developing. Asking for help is a sign of strength!

WHERE TO GO FOR HELP OR INFORMATION:

Go to the nearest emergency room

Call 911

National Suicide Prevention Lifeline at 1.800.273.TALK (8255)

Call the Mississippi Department of Mental Health Help Line at 1.877.210.8513