

# thinkagain

## ABOUT MENTAL HEALTH

### + Chronic Illness

*Chronic health conditions **don't just cause physical problems or symptoms.** They effect the overall quality of life of many patients both **mentally** and **emotionally**.*

**62% of people** who died by **suicide** had a diagnosis of **at least one** of these 17 conditions in the year before their death.

- Asthma
- Back Pain
- Brain Injury
- Cancer
- Congestive Heart Failure
- COPD
- Diabetes
- Epilepsy
- HIV/AIDS
- Heart Disease
- High Blood Pressure
- Migraines
- Multiple Sclerosis
- Osteoporosis
- Parkinson's Disease
- Psychogenic Pain
- Renal Disorder
- Sleep Disorders
- Stroke

*American Journal of Preventive Medicine*

- Some of these conditions are proven to be **linked** to an **increased suicide risk**.
  - **Hypertension and back pain are the most common** conditions for those who die by suicide.
  - Sleep disorders and HIV **doubled the risk** of suicide.
  - People with Traumatic Brain Injuries are **9 times more likely** to die by suicide.
  - **1 in every 26 men with arthritis** has attempted suicide compared to 1 in every 50 men who didn't have the disease.



**Don't dismiss depression or other mental health conditions** as a normal part of your chronic health condition! **There is help available.** If you or a loved one think you have depression or other mental health problems, it's important to **talk to your health care provider** about treatment.

*A campaign of the Mississippi Department of Mental Health and the Mississippi State Department of Health.*



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## What can you do?

**Learn the warning signs!** Some behaviors may indicate that a person is at immediate risk for suicide. The following three should prompt you to **immediately call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255)** or a mental health professional:

- Talking about wanting to die or to kill oneself
- Looking for a way to kill oneself, such as searching online or obtaining a gun
- Talking about feeling hopeless or having no reason to live



Other behaviors, like those below, may also indicate a serious risk—**especially if the behavior is new**; has **increased**; and/or seems **related to a painful event, loss, or change**.

- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

***If you or someone you know is having thoughts of suicide, contact the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).***

*\*Information provided by the American Journal of Preventive Medicine*

