

# SHATTER THE SILENCE

Suicide: the secret you shouldn't keep

**IF SOMEONE TELLS YOU THEY  
ARE HAVING THOUGHTS OF SUICIDE:**

## WHAT TO DO:

- Be honest and express concern
- Listen and support
- Take them seriously
- Offer to join them to seek help

## WHAT NOT TO DO:

- Think it will go away
- Keep it a secret
- Think nothing can be done
- Think you can fix it by yourself

**BY SHOWING CONCERN AND SUPPORT,  
YOU CAN ENCOURAGE SOMEONE TO GET HELP.**

## WHERE TO GO FOR HELP:

- 1 GO TO YOUR NEAREST EMERGENCY ROOM
- 2 CALL 911
- 3 CALL 1.800.273.TALK(8255)  
NATIONAL SUICIDE PREVENTION LIFELINE

## WARNING SIGNS:

- Talking/thinking/writing about suicide
- Talking about feeling worthless or hopeless
- Losing interest in activities
- Using or increasing use of drugs or alcohol
- Any changes from typical behavior

## FOR MORE INFORMATION

CALL the Department of Mental Health at 1.877.210.8513 VISIT [www.dmh.ms.gov](http://www.dmh.ms.gov)

# UNDERSTANDING MENTAL ILLNESS

## 1 in 5

1 in 5 people will experience  
a mental illness during  
their lifetime

Mental illness can happen to  
anyone. No one is immune  
regardless of age, race,  
income or education

People who have a mental  
illness can still be successful  
in school and work

### WHAT IS A MENTAL ILLNESS?

A mental illness is a health condition that causes changes in a person's thinking, mood, or behavior. Mental illness is more common than heart disease and cancer combined.

### WHAT IS STIGMA?

Stigma is one of the main reasons people do not seek treatment. If you have a family member or a friend with a mental illness, please remember recovery is possible!

### HOW YOU CAN HELP?

Express your concern. Ask for more details about how your friend or family member is managing.

### KNOW THAT YOU CAN MAKE A DIFFERENCE

Encourage your friend or family member to get help. If or someone you know needs help, contact the Mississippi Department of Mental Health Helpline at 1-877-210-8513

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