

# 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

### 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 help call the  
National Suicide Prevention Lifeline  
at 1-800-273-TALK(8225)  
or the Mississippi Department of Mental Health  
at 1-877-210-8513  
or visit [www.dmh.ms.gov](http://www.dmh.ms.gov) for more information

### 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

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

### FOR MORE INFORMATION

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