

SUICIDE PREVENTION AWARENESS MONTH

More than

47,500

people died by
suicide in 2019

1 death every

11 minutes

Many adults think about
suicide or attempt suicide

12 million

Seriously thought about suicide

3.5 million

Made a plan for suicide

1.4 million

Attempted suicide

If you or someone you know
is in crisis, please contact the

**National Suicide
Prevention
Lifeline**



- Call 1-800-273-TALK (8255)
- Use the online Lifeline Crisis Chat
- www.suicidepreventionlifeline.org

WARNING SIGNS

Threatening to hurt or kill oneself

Talking /writing about death or dying

Rage, anger, seeking revenge

Feeling trapped, like there's no way out

Increasing alcohol or drug use

Withdrawing from friends, family or society

Anxiety, agitation, unable to sleep or sleeping
all the time

Dramatic changes in mood

No reason for living, no sense of purpose in life

RISK FACTORS

Mental Illness (anxiety, depression)

Prior Suicide Attempts

History of Suicide in Family

Job loss or sudden change in financial status

Severe pain or physical illness

Access to firearms or other means

GET EQUIPPED TO HELP SAVE A LIFE!

Free Suicide Prevention Training & Prize!!

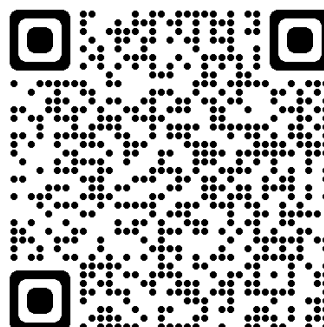
Suicide is preventable and we all have a role in saving lives. Question, Persuade, Refer. 3 simple steps anyone can learn to help save a life from suicide.

Just as people trained in CPR help save thousands of lives, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

As a MBI student, you have access to this training for FREE! You must use your MBI email address.

Follow the instructions below to access the course:

1. Scan code below or navigate to: qprtraining.com/setup
2. Enter the organization code MOODY & Create Account
3. Complete and submit student registration form
4. QPR will display/email the newly created Username/Password.
5. Log in to begin training at qprtraining.com



**The first 60 students to submit a certificate of completion
will win a gift card!!**

Must be your first time completing training!

Email certificate to Sharina.Porter@moody.edu

RESOURCES



NATIONAL

SUICIDE PREVENTION
LIFELINE™

1-800-273-TALK (8255)

suicidepreventionlifeline.org

CRISIS TEXT LINE |

Text HOME to 741741 and within five minutes you'll be connected to a trained crisis counselor.



BETTER STOP SUICIDE APP

Better Stop Suicide is a free app to simply help people press their own stop button should suicidal thoughts come to them, and to buy time so they can find further help and support.

PROTECTIVE FACTORS

Coping and problem-solving skills

Cultural and religious beliefs that discourage suicide

Connections to friends, family, and community support

Supportive relationships with care providers

Availability of physical and mental health care

Limited access to lethal means among people at risk

Content source: Centers for Disease Control and Prevention, National Center for Injury Prevention and Control

Suicide Prevention Awareness Month

Doctors, Teachers, Allies, Survivors, Experts, Professionals, Groups, Youth and Young Adults, Families, Veterans, Elders, Advocates, Religious Leaders, Community Members, Peers, Friends, Neighbors, Co-workers, Students, Employees, Volunteers, and Others

To help raise awareness and break down stigma, you can share resources, stories and support.

LEARN MORE

[#Together4MH](#)

nami.org/SuicidePreventionMonth