

## Bullying:

Bullying and cyber bullying are major issues facing youth and even young adults. Studies show that people who feel bullied are more likely to have suicidal thoughts and suicide attempts.

## What can I do if someone I know is being bullied?

- Contact the teacher, principal, and/or the school counselor
- Listen non-judgmentally
- Call a professional for help

## Where can I learn more about suicide prevention?

Centers for Disease Control and Prevention  
[www.cdc.gov/violenceprevention](http://www.cdc.gov/violenceprevention)

National Alliance on Mental Illness (NAMI)  
[www.nami.org](http://www.nami.org)

National Institute for Mental Health  
[www.nimh.nih.gov](http://www.nimh.nih.gov)

Substance Abuse & Mental Health Services Admin.  
[www.samhsa.gov](http://www.samhsa.gov)

Suicide Prevention Resource Center  
[www.sprc.org](http://www.sprc.org)

## Who can I call to help a loved one through a crisis?

ERS (Emergency Response Service)/  
Community Crisis Center  
130 N Richard Pryor Place | Peoria, IL 61605  
(309) 671-8084 | [www.hscpeoria.org](http://www.hscpeoria.org)

*ERS workers are mental health professionals who can respond via phone or in person to crisis.*

**Affiliation:** Human Service Center

**Police Department**  
(9-1-1)

**National Suicide Prevention Lifeline**  
800- 273-TALK (8255)  
Online chat:  
[www.suicidepreventionlifeline.org/GetHelp](http://www.suicidepreventionlifeline.org/GetHelp)

Tim Ardis Foundation for  
**HOPE**

**HSC**  
Partners In Healthcare

## Suicide Prevention

Helping a Suicidal  
Friend or Family Member



## Who is at risk for suicide?

There is no single cause of suicide. Several factors can increase a person's risk for attempting, or dying by, suicide. Risk factors for suicide include:

- Previous suicide attempt(s)
- History of depression or other mental illness
- Alcohol or drug abuse
- Family history of suicide or violence
- Physical illness
- Feeling alone
- Significant losses (relationship/job)
- Being incarcerated
- Access to deadly weapons or drugs
- Feeling bullied
- Major financial changes
- Impulsive/aggressive tendencies
- Limited social support

However, having these risk factors does not always mean that suicide will occur.



## How will I know if my loved one is suicidal?

The signs may be different for each individual but there are some common warning signs among people with suicidal thoughts. Some of them include:

- Talking about suicide
- Unexpectedly purchasing a weapon like a gun (or rope)
- Saving pills
- Preoccupation with death
- Hopelessness
- Abruptly getting rid of possessions
- A sudden sense of calm after a long period of depression
- Sense of loss
- Displaying extreme mood swings
- Isolating themselves from support; withdrawing from friends and activities
- Not eating or sleeping regularly
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others

Wherever there is **life**, there is **hope**.

## Talking to a person about suicide:

Don't let suicide be the elephant in the room. Research suggests that simply asking someone about suicide will not "put the idea into their head". Rather, talking about suicide may lead them to getting the help they need.

### Ways to start a conversation about suicide:

- "I have been feeling concerned about you lately. Have you had thoughts of hurting yourself?"
- "Recently, I have noticed some differences in you and wondered how you are doing"
- "I wanted to check in with you because you haven't seemed yourself lately"

### What you can say that helps:

- "You are not alone in this. I'm here for you. You may not believe it now, but the way you're feeling will change"
- "I may not be able to understand exactly how you feel, but I care about you and want to help"
- "I believe you are important."
- "You matter to me."

### What you can say that will not help :

- "You are driving me crazy with that suicide talk"
  - "Get over it"
  - "It's not that bad"
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