

Stamping Out Suicide (S.O.S.) Saving Lives: You Can Help!

How can you help?

- Encourage someone you know who is depressed or is thinking of suicide to get professional help.
- Let them know you care and give them hope that they can feel better with help.
- Involve others that can be of help.
- Get training on recognizing warning signs of depression and suicide

Where can you get help for someone who is depressed and suicidal?

- **Regional Call Center: 434-230-9704**
- **Encompass Community Supports: 540-825-5656 (choose option 7) or 540-617-0774**
- **Suicide and Crisis Lifeline: 988**

Behavioral Clues

- Take unnecessary risks; reckless/impulsive
- Unexplained anger, aggression, irritability, anxiety
- Expressing feelings of being trapped-like there is no way out
- Self-destructive acts
- Perfectionism
- Seeking access to the means (firearm, pills, other means)
- Giving away prized possessions
- Withdraw from family, friends, or activities previously enjoyed
- Sudden change in school or work performance
- Increased apathy or hopelessness
- Eating disturbances, changes in sleep pattern, headaches or stomachaches in absence of an illness

How can you recognize someone who may be thinking of suicide?

- **The key is to know the warning signs!**

Risk Factors for Suicide

- Previous suicide attempt
- Current talk of suicide or making a suicide plan
- Preoccupied with death and dying
- Depression
- Increase in alcohol and/or drug use
- Recent suicide attempt by friend or family member
- Victim of physical or sexual abuse
- Victim of assault or bullying

Situational Clues

- Family problems
- Loss of any major relationship
- Diagnosis of a terminal illness
- Financial problems
- Sudden loss of freedom or fear of punishment

The more warning signs observed, the greater the risk; but take all signs seriously.

Remember, suicide prevention is everyone's business and anyone can help!



encompass
— Community Supports —

Contact the Encompass Community Supports Prevention Staff at:

Prevention@ecsva.org

Taisha Chavez, Director

Alan Rasmussen, Prevention Manager

Ellen Chamberlain, Prevention Specialist