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## SUICIDE

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**If someone talks about suicide, take it seriously.** Friends may tell you they are thinking of killing themselves and ask that you keep it a secret.

### THIS IS A SECRET YOU CANNOT KEEP

You can be a better friend by telling someone – a parent, teacher, counselor, minister, or someone else you trust. You might also encourage the person talking about suicide to talk to an adult whom he or she trusts.

If you think someone may be suicidal, don't be afraid to ask. Mentioning suicide will not give someone the idea or push them over the edge. Talking about it can prevent it from happening. A suicidal person is not beyond help. The crisis period usually lasts only a short time. A suicidal person needs and deserves professional help.

### WITH PROFESSIONAL HELP A SUICIDAL PERSON CAN GET BETTER

Some of the warning signs of suicide are:

- Talking about committing suicide
- Giving away prized possessions
- Significant change in behavior
- Preoccupation with death
- Having a "plan" to commit suicide

If you or a friend show any of these warning signs, you must be concerned and **tell someone who can help**. Also remember that the first step in stopping suicide is to have the person promise:

*"If I feel like I'm going to hurt myself,  
I will call a trusted friend or a hotline first."*

If you or a friend are thinking about suicide, someone at this number can help you day or night:

**Suicide Prevention Line . . . . .(715) 845-4326**

*Long-distance callers may call toll-free. . .(800) 799-0122*

Offers suicide and crisis intervention 24 hours a day, for people who are in crisis or for people who are afraid a loved one is in crisis.

### TAKE LIFE ONE STEP AT A TIME

Most people don't think of suicide "out of the blue." Most people usually consider it as an option when their problems keep stacking up and they feel unable to solve them. One way to stop feeling hopeless and overwhelmed is to learn how to solve your problems one at a time and find ways to cope with the ones you can't solve. It's called creative problem-solving and here's how to do it:

- Identify one problem you may be having at school, home or work.
- Think about and accept how this problem is making you feel (angry, scared, embarrassed, confused, etc.)
- Write down all of the possible solutions to the problem. (List everything you can think of, even if it seems silly or impossible!)

- Evaluate your solutions by answering “yes” or “no” to the following questions:

*Is it safe?*

*Will the situation be improved?*

*Will the outcome further my self-respect?*

- Cross out those solutions in the “no” category; they will only add more problems to your life.
- Circle those solutions in the “yes” category.
- Chose one of the solutions with “yes” answers and try it! Remember, if a solution does not work, you can always try another.



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about suicide,  
take it seriously.**

For more information about how to recognize and prevent the dangers of suicide log on to:

[www.hopes-wi.org](http://www.hopes-wi.org) or [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)