

YOU CAN HELP!

As a colleague or friend, you may be the first person to see or hear the warning signs. Remember:

- *Trust your instincts.
- *Reach out and directly ask “Are you thinking about hurting yourself?”
- *Find out if the person has a (specific) plan.
- *Ask permission to secure weapon(s), including backup weapons.
- ***DO NOT** leave the person alone. **IMMEDIATELY** contact PSB at **(213) 738-3500**
- *Help delegate necessary responsibilities such as child care until the crisis is resolved.
- *Get debriefed when the situation is resolved – for your own wellbeing.

AID LIFE

This acronym may help you remember what to do when assisting a person who is suicidal:

- Ask.** Do not be afraid to ask, “Are you thinking about hurting yourself?”
- Intervene immediately.** Take action. Listen and let the person know he or she is not alone.
- Don’t keep it a secret.** Don’t take chances with your partner’s life.
- Locate help.** Seek out professional help through PSB, the Peer Support Program, a chaplain, a friend, or family member.
- Involve Command.** If the person is imminently suicidal, be prepared to involve a supervisor to save his or her life.
- Find someone to stay with the person now.** Don’t leave the person alone.
- Expedite.** Get help right away. An at-risk person needs immediate attention from professionals.



**LASD PSYCHOLOGICAL SERVICES BUREAU (PSB)
213-738-3500**

TALKING ABOUT
SUICIDE...YOU CAN
SAVE A LIFE



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IDENTIFY INDIVIDUALS WHO MAY BE AT RISK FOR SUICIDE



There are many risk factors for suicide. Some of the most significant risks are:

- Prior suicide attempt(s) or rehearsals
- Alcohol and drug abuse and use
- Mood and anxiety disorders such as depression, posttraumatic stress disorder
- Access to a means to kill oneself (such as weapons/firearms)

There are some behaviors that may mean a person is at immediate risk for suicide.

These three should prompt you to TAKE ACTION RIGHT AWAY:

- Talking about wanting to die or kill oneself
- Looking /talking about a way to kill oneself
- Talking about feeling hopeless or having no reason to live/
better off dead/family better off without me

Other behaviors may also indicate a serious risk, especially if the behavior is new, has increased, and/or seems related to a painful event, loss, or change (i.e., being under investigation, relationship ending) such as:

- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings



KNOW THE FACTS

*Suicide is the **10TH LEADING CAUSE** of death in the US.

*Each year over **8 MILLION** adults think seriously about taking their own lives, and over **1 MILLION** people make an attempt.

*The risk of suicide increases with **AGE**

***MORE THAN 44,000** people each year die by suicide in the US—that means one person kills themselves every **12 MINUTES**

*Firearms are used in **51%** of all suicides

***DEPRESSION** impacts work and home life....it's also one of the most significant risk factors for suicide. The **GOOD NEWS** is that it is **TREATABLE**.



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