

Suicide Prevention

Suicide prevention involves everyone in the community. No matter where you are or what your job is, you can play a role in saving someone's life.

- Encourage positive coping and problem solving skills
- Promote safe and supportive environments
- Learn the warning signs of suicide and how you can help someone at risk
- Join programs and efforts to increase awareness and prevention, such as a local suicide coalition
- Safely store medications and firearms to reduce access among those at risk
- Speak openly about mental health struggles to help reduce stigma
- Advocate for policies that expand access to mental health services

If you or someone you know is in crisis, Please contact:

**National Suicide Prevention Lifeline
1-800-273-8255**

**Pickaway County Crisis Line
740-477-2579**

**Crisis Text Line
Text 4HOPE to 741741**

Mission Statement:

The Pickaway County Suicide Prevention Coalition is dedicated to building healthy and safe communities by helping others discover their reasons to live through promoting awareness, education, intervention, and support services.

Meeting times and location.

**Fourth Wednesday of each month
12:00 p.m. - 1:00 p.m.**

**Pickaway County
Educational Service Center
2050 Stoneridge Drive
Circleville, Ohio 43113**

**For more information regarding the
Pickaway County Suicide Prevention
Coalition, Please call
740-773-2283**



**Pickaway County
Suicide Prevention
Coalition**

"Touching Lives Through Hope"



Funding provided by:



Suicide in Ohio

- More than twice as many people die by suicide than homicide.¹
- From 1999-2016, Ohio's suicide rate increased 36%.²
- 187 youth die by suicide every year in Ohio.¹
- 56.9% of men who die by suicide use firearms as the primary method.¹
- Suicide is the 2nd leading cause of death in youth and young adults in Ohio.¹
- Men die by suicide 3.5 times more often than women.¹
- In 2015, there were over 1,600 suicide deaths.¹
- 1 person dies by suicide every 5 hours.³

Source: Ohio Department of Health, Violence and Injury Prevention Program
1. Centers for Disease Control and Prevention
2. American Foundation for Suicide Prevention

Suicide Prevention & Awareness

In Ohio, roughly 1,600 individuals die from suicide each year and more than twice as many people die from suicide than homicide. While there is no single cause of suicide, there are things we can all do to reduce the risk. Sharing information and resources and raising awareness about the impact of suicide on communities is a vital part of suicide prevention efforts. Suicide impacts communities across racial, age, socioeconomic, and geographic sectors, and suicide prevention efforts require collaboration among all sectors of society. These efforts must be coordinated, as no single approach can impact an issue as complex as suicide.

5 Steps to Help Someone Who is At-Risk

These evidence-based action steps from the National Suicide Prevention Lifeline's #BeThe1To Campaign can help you communicate with someone who may be suicidal.

1. **Ask** – directly asking someone if they are thinking about suicide shows that you're open to speaking about suicide in a non-judgmental way. Never promise to keep their thoughts of suicide a secret, and make sure you take their answers seriously. Studies show that asking at-risk individuals if they are suicidal does not increase suicides or suicidal thoughts.
2. **Keep Them Safe** – if the individual indicates that they are thinking about suicide, it's important to find out if they've already attempted to harm themselves, if they have a specific and detailed plan, and if they have their method planned. Knowing the answers to these questions will help you establish immediate safety.
3. **Be There** – be present and show support for the person at risk. Find out what and who they believe will be the most effective source of help for them and don't commit to anything you're not willing, or able, to accomplish.
4. **Help Them Connect** – explore possible supports with them like seeing a mental health professional, developing a safety plan, or using Crisis Text Line or the National Suicide Prevention Lifeline.
5. **Follow Up** – stay in contact with the individual. They've confided in and trusted you, so make sure you follow-up with them to show your ongoing support.

There is no one cause of suicide.

Many factors contribute, including mental illness and stressors that overwhelm an individual's ability to cope.

You may be more at risk to die by suicide if you have:

- Attempted suicide before.
- Have family or friends who have attempted or died by suicide.
- Experienced a recent breakup, loss or other major change.
- Access to fire arms.
- Severe pressure or problems at school, home or work.
- Untreated mental illness or depression.
- Substance abuse problems.
- Serious illness such as chronic pain or disabling disease.