

**Suicide Prevention Network provides services for all residents of the communities served at no cost.**

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**Mission:** To provide suicide prevention and awareness through intervention, education and support services for all.

**Vision:** To be the champion in decreasing suicide and its impact on our community.

**Goal:** To create a suicide-free community by eliminating the option of suicide as a solution for escaping depression, bullying, divorce, unemployment, loneliness, mental illness or other causes of hopelessness.

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### **Suicide Loss Survivor (SLS) Support Group**

1st Thursday of the month 6:00 - 7:30 pm  
SPN Office

SLS provides healing and support for people coping with the grief and complex emotions that follow the loss of a loved one to suicide.

### **PTSD Support Group**

2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month  
6:00 - 7:30 pm  
Partnership Douglas County Office

### **Teen Advocacy Group**

Living Out Loud (LOL)  
Contact office for information

***Trainings and presentations offered free of charge!***

### **Depression symptoms in children and teens:**

- ◆ Common symptoms of depression can be a little different in children and teens than they are in adults. In younger children, symptoms of depression may include worry, irritability, hopelessness and sadness.
- ◆ Symptoms in adolescents and teens may include anxiety, anger and avoidance of social interaction.
- ◆ Changes in thinking and sleep are common signs of depression in adolescents and adults but are not as common in younger children.
- ◆ In children and teens, depression often occurs along with behavior problems and other mental health conditions, such as anxiety or attention deficit/hyperactivity disorder (ADHS)
- ◆ Schoolwork may suffer in children who are depressed.

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***Depression is Treatable.  
Suicide is Preventable.  
Together we can build a  
more resilient and  
suicide-safe community.***

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### **Suicide Prevention Network**

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# **Suicide Prevention Network**

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***When There is Help,  
There is Hope***

## Warning Signs of Suicide

These signs may mean someone is at risk or suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss or change.

- ◆ Talking about wanting to die or to kill oneself
- ◆ Looking for a way to kill oneself, such as searching online or buying a gun
- ◆ Talking about feeling hopeless or having no reason to live
- ◆ 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
- ◆ Withdrawn or feeling isolated
- ◆ Showing rage or talking about seeking revenge
- ◆ Displaying extreme mood swings
- ◆ Preoccupation with death
- ◆ Suddenly happier, calmer
- ◆ Loss of interest in things one cared about
- ◆ Visiting or calling people to say goodbye
- ◆ Making arrangements; setting one's affairs in order
- ◆ Giving things away, such as prized possessions

You are  
**NOT**  
alone!

## Is someone suicidal?

When someone you know appears suicidal, you may not be sure what to do to help or whether you should take talk of suicide seriously. Taking action is **always** the best choice. Learn the warning signs, what questions to ask and how to get help. Start by asking questions. The first step is to find out whether the person is in danger of acting on suicidal feelings.

Be sensitive, but ask direct questions, such as:

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*Do you ever feel like just giving up?  
Are you thinking about dying?  
Are you thinking about hurting yourself  
or someone else?  
Are you thinking about suicide?  
Have you thought about how to do it?  
Do you have the means to do it?*

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**Call 911 if in doubt !**

If you are having suicidal thoughts, do not hesitate to call. Your life is extremely valuable and people care about you. Please ask for help.

**You are not alone.  
Not now. Not ever!**

**Take action. Speak up. Reach out.**

If you believe someone is in immediate danger of attempting suicide or has had previous suicide attempts:

- ◆ Do not leave the person alone.
- ◆ Or, if you think you can do so safely, take them to the nearest hospital emergency room yourself.
- ◆ Try to find out if they are under the influence of alcohol or drugs or may have taken an overdose.
- ◆ Tell a family member or friend right away what is going on.
- ◆ If a friend or family member talks or behaves in a way that makes you believe he or she might end their life, don't try to handle the situation without help. Get help from a trained professional as quickly as possible.

**Please call 911 NOW**

**SPN is not a 24-hour Crisis Center.  
After office hours, please call  
the national hotline number  
1-800-273-8255 or para espanol  
1-888-628-9454 or you can text  
"GO" to 741741.**

