

# Happy students. Healthy living.

September 2022

## How to Help Someone Struggling

You might have a family member or friend who is struggling. It's important to know some basic facts about suicide, be able to recognize warning signs, and know how to support someone who may be experiencing a crisis.

### Risk Factors

Some risk factors include: Depression, mental health disorders, substance abuse disorder, family history, previous suicide attempts, experiencing violence or injury, having guns in the home and exposure to others' suicidal behavior.

### Recognizing Warning Signs

Talking about wanting to die or making a plan, feeling hopeless or trapped, experiencing emotional and physical pain, feeling like a burden to others, increased use of drugs or alcohol, extreme mood swings and irregular eating or sleeping habits.

### What You Can Do

1. Ask—Start a dialogue with the person by directly asking if they are contemplating suicide.
2. Be there—Show your support and be present.
3. Keep them safe—The goal of this step is establishing an immediate safety plan, including removing any lethal means available to them.
4. Help them connect—Assist them in establishing ongoing support so they have a list of contacts available in times of crisis. This could include community resources and a counselor.
5. Follow up—Check in and see how they're doing.

### Crisis Resources

For crisis support and resources, call the National Suicide Prevention Lifeline by dialing 988 or use their online Lifeline Crisis Chat. Both of these services are free and confidential. Call 911 for emergency services.

Your actions can make a big difference. Odds are that suicidal feelings are temporary, though it certainly doesn't feel that way to the individual in real-time. With timely support from family and the community, individuals can get the help they need and recover from a crisis.



For additional tips and resources,  
connect WellConnect today.

866-640-4777 | [wellconnectforyou.com](http://wellconnectforyou.com)

**WELLCONNECT**<sup>SM</sup>  
POWERED BY NEW DIRECTIONS

