

Suicide Can Be Prevented

Know the Danger Signals

- Previous suicide attempts. (20 – 75% have already tried to kill themselves.)
- Talking about death or suicide especially as if they are saying “good-bye.”
- Planning for suicide: Giving away articles they value, paying off debts or a mortgage on a house, or changing a will.
- Purchasing a gun with no apparent need for that weapon.
- Depression: most depressed people are not suicidal; most suicidal people are depressed. It may be expressed as a loss of pleasure or withdrawal from people and activities that had once been enjoyable.
- If drug use or alcohol is involved and the person has thoughts of suicide, they are more likely to act impulsively and make an attempt to end their life.

If someone you know is thinking about suicide:

- Be willing to listen and don't be afraid to ask if he/she is contemplating ending their life. Do not attempt to argue anyone out of suicide – it won't work.
- Seek professional help by going to the nearest emergency room or treatment facility.
- Do not leave the person alone.
- Remove all firearms, razors, medications and scissors that could be used in an attempted suicide.
- If the above options are not available or practical and the threat is imminent, call 911 to get immediate treatment.

 | Elkhart General Hospital | egh.org

If you or someone you know are thinking about suicide, CALL 911 or one of the numbers listed below right away!

EGH Center for Behavioral Medicine (800) 274-LIFE (5433)
Oaklawn (574) 533-1234
Madison Center South Bend (574) 234-0061
Michiana Behavioral Health (574) 936-3784
Suicide Prevention Hotline (800) SUICIDE (784-2433)

Or go to the nearest hospital Emergency Room

Signs & Symptoms of Depression

At any given time, 19 million Americans are suffering from a form of depression, which not only affects their lives and the lives of those around them, but could lead to suicide. The most effective way to prevent suicide among loved ones is to learn how to recognize the signs of someone at risk, take those signs seriously, and know how to respond to them.

If you have at least one of the following symptoms, you may have depression:

- A deep sense of sadness or unhappiness
- A lack of interest in things you used to enjoy
- Change in appetite
- Trouble remembering, thinking or making decisions
- Fatigue or lack of energy
- Sleeping too much or too little
- Feelings of guilt, worthlessness or hopelessness
- Feelings of uneasiness or worry
- Restlessness or decreased activity
- Headaches, stomach and/or bowel problems that are consistent over a period of two weeks
- Decrease in sexual drive or sexual pleasure
- Thoughts of death, wishing one was dead, or attempted suicide

 | Elkhart General Hospital | egh.org

Important Phone Numbers

EGH Center for Behavioral Medicine Inpatient (574) 523-3348
EGH Center for Behavioral Medicine Outpatient (574) 523-3347
Oaklawn: Elkhart County. (574) 533-1234
Oaklawn: St. Joseph County - Outpatient (574) 283-1234
Madison Center South Bend Inpatient (574) 234-0061
Michiana Behavioral Health. (574) 936-3784

 | Elkhart General Hospital | egh.org