

Ask a Question. Save a life.

Do you know someone who might be considering suicide?

You can help save a life.

A person may be at risk for suicide if they exhibit any of the following signs:

- Talking or writing about suicide or death
- Giving away belongings
- Withdrawing from loved ones and activities
- Feeling hopeless, helpless, or worthless
- Increase use of alcohol or other drugs
- Changes in sleep or eating
- Looking for ways to attempt suicide and obtaining means
- Depressed, anxious, angry, irritable, loss of interest, or humiliated

A person may be more likely to be at risk for suicide if they:

- Have attempted suicide before
- Have family or friends who have attempted or died by suicide
- Experienced a major loss (death, relationship, job, etc.)
- Have problems at work, school, home, or with relationships
- Have an untreated emotional disorder or problems with alcohol or drugs

What to do:

- Always take a suicide threat seriously!
- **Q** – Question the Person about Suicide. Do they have thoughts? Plans? Don't be afraid to ask.
- **P** – Persuade the Person to Get Help. Listen carefully. Then say, "Let me help." Or, "Come with me to find help."
- **R** – Refer for Help. If a child or an adolescent, contact any adult, any parents; or call your minister, rabbi, coach or counselor; or call 911 or the 24-hour Crisis Hotline at 419.289.6111

Where to get help–If you or someone you know may be in crisis, please contact:

- Crisis Hotline** anytime at 419.289.6111
- Crisis Text Line** Text "4hope" to 741 741 anytime
- National Suicide Prevention Lifeline** anytime at 1.800.273.TALK (8255)
- Military & Veterans Crisis Line** anytime at 1.800.273.8255 press "1"

The Ashland County Suicide Prevention Coalition is working to address suicide and to prevent suicides among all people of Ashland County. Contact the Mental Health & Recovery Board of Ashland County to help plan an activity or if you would like suicide awareness and prevention training. If you would like to be involved or would like more information of any kind, please contact Hillary Wertman at 419.281.3139

