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'T OBVIOUS

Depression and thoughts of suicide are not a necessary or normal part of aging. There is help – effective treatments are available, and there is hope to re-connect with life and the joys of living. By recognizing the signs of depression and suicide risk among the older adults in your life, you have the power to make a difference. The power to save a life.

In crisis call the National Suicide Prevention Lifeline
1.800.273.8255

If you or someone you care about needs immediate help, call the Suicide Prevention Lifeline right away.

Your call will be answered by a trained counselor in your area.

Services are free, confidential, and available 24/7.



Funded by counties through the Mental Health Services Act (Prop 63).

To learn the warning signs of suicide, visit:
suicideispreventable.org

Pain Isn't Always Obvious
KNOW THE SIGNS
Suicide Is Preventable

Individuals depicted are photography models and are for illustrative purposes only.



PAIN ISN ALWAYS

Older adults have the highest rate of suicide of any age group, especially men. Aging can bring many challenges and losses– the deaths of loved ones, loss of income and employment identity, or disability and illness. Older adults may be reluctant to burden their loved ones by asking for help.

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KNOW THE SIGNS

The most critical warning signs of suicide are:

- o Talking about wanting to die or about suicide
- o Talking about feeling hopeless or having no reason to live
- o Looking for ways to kill oneself

Additional warning signs among older adults include:

- Loss of interest in activities that used to be enjoyable.
- Cutting back on self-care and grooming.
- Being alone for long periods of time, becoming isolated.
- Breaking medical regimens (going off prescriptions) or skipping appointments.
- Feeling hopeless and/ or worthless.
- When combined with other warning signs, giving things away, or making changes in wills.
- Obtaining lethal means such as firearms or stock-piling medication.
- Preoccupation with death or a lack of concern about personal safety.
- Increased use of alcohol or other substances.

These warning signs are of particular concern when they appear around a stressful or painful loss or event.

FIND THE WORDS

How to start the conversation

Here are some suggestions for starting the conversation. Listen to your intuition; if you have a feeling something is wrong, ask directly about suicide.

“I’m worried about you. You haven’t been showing up to watch the games or coming out to the coffee shop like you used to. It seems like you’ve given up on life. Can you tell me what’s going on?”

“Dad, you just don’t seem yourself lately and the other day you made a comment about not needing any more appointments. Will you tell me what’s going on? Are you thinking about suicide?”

START THE CONVERSATION

Mention the warning signs you are noticing.

ASK ABOUT SUICIDE

“Are you thinking about suicide?”

LISTEN

Express concern and reassure.

REACH OUT

You are not alone. Help is available!

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