"Save a life.... Save a date...."

September is National Suicide Prevention Awareness Month

Suicide and Crisis Lifeline (24/7): Call 988

National Suicide Prevention Lifeline: (800) 273 8255

Have you ever felt concerned about someone you know showing the following signs.....

Withdrawing from life or feeling hopeless.

Obsessed with self harm, violence or weapons

Sad and depressed, feeling like life is not
Not sleeping or sleeping too much worth living.

Not taking care of themselves

Increased drug/alcohol use

Preoccupied with death

Saying goodbyes

## Consider some of the myths about suicide.....

Myth: Just because someone talks about suicide, it doesn't mean he or she will do anything.

Reality: If there are warning signs -- often there are -- take them seriously.

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Myth: Nothing can stop a peson thinking about suicide.

**Reality:** Many can be ambivalent about killing themselves. They just may not know how to ask for help!

Myth: Someone who is suicidal, remains suicidal.

**Reality:** Heightened suicide risk is often short-term during a time of grief, depression or period of intense stress. While suicidal thoughts may return, they are not permanent.

## Tell yourself or a friend.....

"People in your life are not better off without you."

"You deserve to live, you deserve to give yourself one more try."

"Open up, let someone in to find a way to help you through this tough time."

"Suicide is not a solution, it doesn't fix anything."

## What can you do....? Don't be afraid, come learn more......

\*Seek help

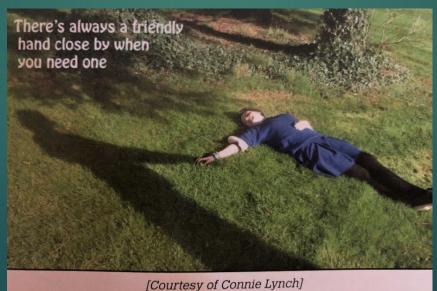
\*Show support

\*Offer hope

\*Get involved

\*Be available

\*Take action



Aisling Irish Community Center
990 McLean Ave
Yonkers, NY 10704
(914) 237 5121
info@aislingcenter.org
www.aislingcenter.org

If you or someone you know needs immediate help please call, 711

National Suicide Prevention Lifeline: (800) 273 8255

The Samaritans Hotline: 800 SUICIDE, 212 673 3000