



*“ 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**



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

- ▶ Withdrawing from life or feeling hopeless.
- ▶ Sad and depressed, feeling like life is not worth living.
- ▶ Not taking care of themselves
- ▶ Preoccupied with death
- ▶ Obsessed with self harm, violence or weapons
- ▶ Not sleeping or sleeping too much
- ▶ Increased drug/alcohol use
- ▶ 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 person thinking about suicide.

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

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**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





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[www.aislingcenter.org](http://www.aislingcenter.org)

If you or someone you know needs immediate help please call, **911**

National Suicide Prevention Lifeline: **(800) 273 8255**

The Samaritans Hotline: **800 SUICIDE, 212 673 3000**