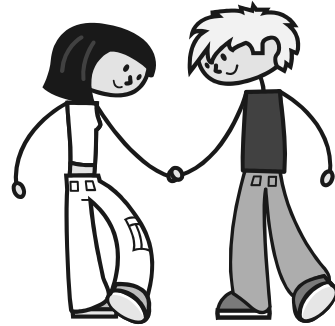


Help Prevent Suicide!

Suicide is the **2nd** leading cause of death for NH kids and **9th** for people of all ages. Depression, substance abuse and other mental health problems are involved in **9 out of 10** suicide deaths and attempts. Most of the deaths are preventable. You can help.

Watch for these Warning Signs:

- ◆ Difficulties at school or work
- ◆ "Rollercoaster" moodiness or sadness
- ◆ Drug or alcohol abuse, especially an increase in use
- ◆ Changes in sleeping or eating patterns
- ◆ Difficulty concentrating, restlessness
- ◆ Feeling like a failure, worthless
- ◆ Hopelessness or helplessness
- ◆ Preoccupation with death (may be seen in music, art, poetry)
- ◆ Isolating self from friends, family, and previous activities
- ◆ Putting life in order
- ◆ Sudden improvement in mood after being down or withdrawn
- ◆ A detailed plan for how, when, where
- ◆ Talking about suicide or death – directly or indirectly. (Examples: "I'm just going to end it all" or "Everything would be easier if I wasn't around.")



If you see a number of these signs, take the following steps:



- ◆ Reach out to the person at risk and tell them you are concerned.
- ◆ Get others involved – don't try to handle this alone.
- ◆ Connect them to mental health, counseling or other services.
- ◆ Try to reduce their access to guns, drugs and other lethal means.
- ◆ If the risk is high, do not leave them alone.

Mental health problems can be successfully treated.
With your help, our kids can survive and do well.

If you or anyone you know is feeling suicidal, seek help!
Call your local community mental health center or 911 in an emergency.

For more information on how to prevent youth suicide in your own family or community, go to the NAMI NH (National Alliance on Mental Illness) website www.naminnh.org and click on Suicide Prevention.



www.chadkids.org/goto/childhealthmonth

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Children's Hospital at Dartmouth, Injury Prevention Center, NH Department of Health and Human Services, NH Department of Education, NH Pediatric Society, NH SAFE KIDS & Partnership for a Drug Free NH