



NetCare Access is your connection to mental health and alcohol/drug addiction services in Franklin County.

If you or someone you know is in crisis, visit one of our crisis sites or call our 24-hour NetCare Access Crisis Hotline at (614) 276-C.A.R.E.

ACCESSING *Information About* SUICIDE

What about Suicide?

Suicide refers to intentionally killing one's self. About 30,000 Americans commit suicide every year. Another 750,000 Americans attempt it, including 500,000 whose efforts are severe enough to send them to the emergency room. An attempted suicide is doing something that could cause death, though the person doesn't die. Suicidal gestures are often referred to as self-destructiveness with lower-lethality. A suicide threat is when someone says or does something that indicates a self-destructive desire. Many people who are often depressed and/or under the influence of alcohol and/or drugs have suicidal ideation which involves having thoughts about killing one's self.

Facts

- The ratio of male to female suicides is 4 to 1, though females attempt suicide 4 times more frequently.
- Suicide is the eighth leading cause of death among Americans.
- About 60% of suicides involve the use of guns. More people are killed by guns through suicide than of murder.
- 50% of all suicides are drug and/or alcohol related. A majority of those who commit suicide are profoundly depressed. Combining depression with alcohol is particularly lethal.
- Relatives of suicide victims are five times more likely to attempt suicide as people from other families are.
- An improvement in mood, following a personal crisis or serious depression does not mean that the risk of suicide has passed
- Talking to friends, relatives and/or professionals can be helpful to those who are suicidal.
- 80% of all suicide victims try to communicate their distress prior to their suicide

(over)

Indicators of Suicide:

- A prior suicide attempt
- Giving away or destroying prized possession
- Arranging to have the means (e.g., buying a weapon, stockpiling on medications)
- Composing a suicide note
- Putting personal affairs in order
- Planning his/her funeral, suddenly preparing a will
- A poor adjustment to a recent loss
- Excessive guilt, self-blame or a desire to be punished
- Increase in physical complaints
- Sudden, unexplained recovery from a depressive episode
- Loss of interest in hobbies, relationships or previously enjoyed experiences
- Crying frequently; prevailing sadness or blues
- Withdrawal or isolation
- Striking changes in behavior
- Uncharacteristically engaging in high-risk behavior
- Difficulties or changes in eating and sleeping patterns
- Lack of interest in personal hygiene, clothing etc.
- Verbal references to death
- Feeling helpless or hopeless

Treatment:

Several intervention approaches are available to help individuals contemplating suicide:

- Antidepressant medications often help ease the symptoms of depression and return a person to normal functioning.
- Substance abuse treatment is often necessary for people to quit using substances. Once one stops abusing substances, the desire to die often subsides
- Psychotherapy helps many depressed people understand themselves and cope with their problems. Therapy can change relationships that contribute to relationships and help people change negative thinking and behavior patterns.
- Talk to a friend, relative, co-worker or anyone to let them know you need help. Share your thoughts and ideas.

How to receive help:

A person thinking of suicide can benefit from talking with a mental health professional, such as a psychologist, counselor, psychiatrist or social worker, who can assist in providing the individual with providing additional resources.

If you or someone you know is thinking of suicide, contact Netcare Access at (614)

276-C.A.R.E. Mental health assessments are provided at both of Netcare's crisis sites, located at 199 S. Central Avenue and 741 E. Broad Street, on a walk-in, first-come-first-served basis,

Monday through Friday. Netcare Access provides 24-hour crisis intervention and assessment services to Franklin County residents experiencing a mental health or alcohol/drug crisis. For more information on Netcare's services, contact us at:

**Netcare Corporation
199 S. Central Avenue
Columbus, OH 43223**

Administrative line: (614) 274-9500

Assessment West: (614) 278-0122

Assessment East: (614) 278-0155

24-hour crisis hotline: (614) 276-C.A.R.E. (2273)

www.netcareaccess.org