

Suicide Prevention - Part I

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Stop a Suicide Today reports that 70% of people who kill themselves told someone or gave warning signs. Generally suicide is not an impulsive act, and in planning to kill themselves most people give some signs. There is a misconception that suicidal people want to die and no one can stop them. Most suicidal people are ambivalent about living or dying, they just want their pain to end. They might make many suicide attempts before they die. Unfortunately suicidal people cannot see an end to their pain and they choose a permanent choice to a temporary problem. Hopefully, by recognizing the following warning signs we might be able to prevent someone from committing suicide. Some warnings signs to look for:

1. Threatening to hurt or kill himself or herself. They might say “I want to kill myself” or something less direct such as “The world would be better off without me.”
2. Looking for ways to kill themselves by obtaining firearms, sharp objects or pills.
3. Talking or writing about death, dying or suicide on a regular basis, especially if this is out of character for them.
4. Engaging in risky behavior without thought to the consequences.
5. Expressing feelings of rage and anger, seeking revenge.
6. Feeling hopeless, feeling trapped, no way out.
7. Increased drug or alcohol use.
8. Feeling anxious.
9. Erratic sleeping patterns, either being unable to sleep or sleeping too much.
10. Experiencing dramatic mood swings.
11. Isolating themselves from family, friends and society.
12. Expressing no sense of purpose in life, no reason for living.
13. Giving away personal belongings.

Next week we will focus on how to intervene when someone is suicidal.

Call Solutions EAP at 1-800-526-3485 for assistance for all of life's challenges. It's free, confidential and open to your family members.

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