



HERE ARE THE FACTS ABOUT SUICIDAL IDEATION



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FEELINGS: Is the person sad, lonely, hopeless, in pain, irritable or increasingly depressed?

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ACTIONS: Are they pushing away from friends and family, giving away important possessions, abusing drugs or alcohol, or making/researching plans to harm themselves or others?

C

CHANGES: Have there been changes in performance, appearance or hygiene, personality or attitude, or does the person not seem like they normally do?

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THREATS: Have they directly said they are going to kill themselves or indirectly talked about dying? Do they say things like, “I wish I could go to sleep and never wake up,” “Pretty soon, you won’t have to worry about me,” or “I’m tired of life and can’t go on”?

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SITUATIONS: Has a crisis or situation occurred recently that was a significant loss for them?

The National Suicide Prevention Lifeline provides immediate assistance to individuals in suicidal crisis by connecting them to the nearest available suicide prevention and mental health service provider.



Toll-free telephone number: (800) 273-TALK (8255), Crisis hotline number: 988



www.suicidepreventionlifeline.org



Thrive Alliance Group

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