



NATIONAL SUICIDE PREVENTION MONTH

September is National Suicide Prevention Month. It affects people of all ages across our community. We can all help prevent suicide. Vigilance is especially important this year due to the increased stress, anxiety and depression people may be experiencing with COVID-19. We are asking Island County residents to #BeThe1To help prevent suicide. Understanding the warning signs and ways you can help can make a difference.

One Conversation Can Change a Life.

Know the Warning Signs:

- Talking about wanting to die or kill themselves.
- Looking for a way to kill themselves
- Acting anxious or agitated; behaving recklessly.
- Talking about feeling trapped or in unbearable pain.
- Talking about being a burden to others.
- Sleeping too much or too little.
- Increasing the use of alcohol or drugs.
- Talking about feeling hopeless or having no reason to live.
- Showing rage or talking about seeking revenge.
- Extreme mood swings.
- Withdrawing or feeling isolated.

LEARN Steps You Can Take to Offer Support:

- **L**earn to recognize the warning signs.
- **E**mpathize with the person you're concerned about and listen to what they say.
- **A**sk them if they are thinking about suicide. It's okay to ask someone directly.
- And if they say yes, they are, **r**emove the danger – the method they're thinking of using.
- Help them with **n**ext steps, such as calling or texting a crisis line.
- If you are in crisis or having thoughts of suicide, or if someone you know is in crisis call the Suicide Prevention Lifeline at (800) 273-8255 or [chat online](#).
- Learn more about suicide prevention: [LEARN Your wellbeing during COVID-19](#)

Resources:

Island County
Crisis Line
1-800-584-3578

National Suicide
Prevention Lifeline
1-800-273-TALK
(8255)

Washington
Recovery Helpline
(*substance use concerns*)
1-866-789-1511

Island County
Help Line
(*non-crisis resources*)
1-360-678-2346

