

Suicide Prevention

Is Your Home Suicide Safe?



Offer support and encourage follow up with a health care provider if someone has:

- Depression/hopelessness
- Withdrawal from family and friends
- Rage, anger or seeking revenge
- Anxiety, agitation or sleep irregularity
- Reckless or risky behavior
- Dramatic mood changes
- Alcohol or drug use

Take immediate action and call a County Crisis Line if someone:

- Makes a serious threat to commit suicide
- Looks for a way to carry out a suicide plan
- Talks about death or suicide in text messages, social media sites, etc.
- Gives away possessions

If A Loved One is Hurting

Recognize suicide warning signs

- Exhibits drastic changes in behavior or takes unnecessary risks
- Has recently experienced serious loss
- Has trouble eating or sleeping
- Increases alcohol or drug use
- Loses interest in personal appearance, school, work or hobbies
- Withdraws from family, friends or social activities
- Prepares for death by writing a will and making final arrangements or gives away prized possessions
- Seems preoccupied with death and dying or talks about suicide

– American Association of Suicidology

Call 911 if:

- A suicide attempt has been made
- A weapon is present during a suicide crisis
- If the person's or your safety is threatened



Additional resources:

If there is an immediate threat or risk of harm call 911

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

For veterans: 1-800-273-8255 press 1

National Suicide Prevention Lifeline Options for Deaf + Hard of Hearing: 1-800-799-4889

Nacional de Prevención del Suicidio: 1-888-628-9454

Crisis Text Line: HOME 741-741

Trevor Project Lifeline: 1-866-488-7386 LGBTQ Youth
25 Years and younger

Prevent Suicide WI:

<https://www.preventsuicidewi.org/home>

WI County Crisis Lines:

<https://www.preventsuicidewi.org/county-crisis-lines>

For more details or interested in online QPR training, contact:

Center for Community Health
Advancement, Marshfield Clinic Health
System
715-221-8400 or 800-782-8581 ext. 1-8400

Visit: [https://
communityhealth.marshfieldclinic.org/](https://communityhealth.marshfieldclinic.org/)

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