

# Suicide Prevention

## Is Your Home Suicide Safe?

### Remove. Lock.

#### Firearms

Gun safety matters because no one can unfire a firearm.

Keep firearms out of reach or locked up and away from ammunition until peak suicidal thoughts or moments of depression are over

More than half of all suicide deaths result from a gunshot wound.

### Lock and Limit

Prescription and Over the Counter Medications.

3 in 5 teens say prescription drugs are EASY to get from their parents' medicine cabinets.

### Take Precautions

Exposure to poisons are likely to result in serious or fatal outcomes.

### Listen and Act

Pay attention to moods and behavior; if there are significant changes, ask if they are thinking of suicide. Keep an open dialogue, provide support, avoid judgment and offer hope in any form.

### Monitor Closely

- Alcohol and Substance use
- Amounts of prescription and over the counter medications on hand.
- Use of sharp objects such as; knives, razors, scissors, etc.

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

**Marathon County: 715-845-4326**

**Clark County: 1-800-863-3560**

**Marshfield: 715-384-5555**

**Wisconsin Rapids: 715-421-2345**

## 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

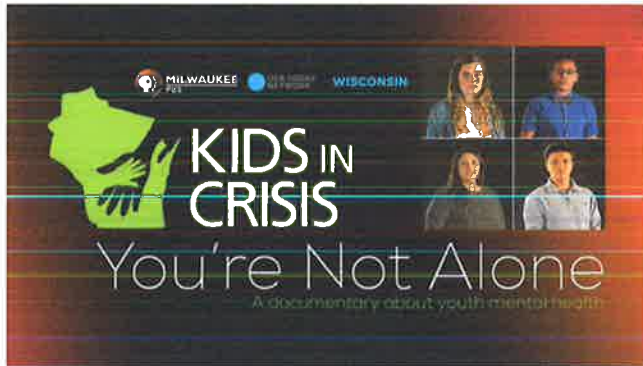
National Suicide Prevention Lifeline Options for Deaf + Hard of Hearing: 1-800-799-4889

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

## MACY-Mental Health Workgroup presents:



### Kids in Crisis: You're Not Alone documentary

Tuesday, Sept. 10, 2019

Doors open at 5:45 p.m.

Video showing and discussion, 6-7:15 p.m.

Froehke Auditorium, Laird Center for Medical Research

West Kalsched Street, Marshfield

#### Registration required at:

<https://www.surveymonkey.com/r/WZXTNXK>

The nationally-recognized 27-minute documentary, Kids in Crisis: You're Not Alone, follows four young people from Wisconsin as they navigate mental health challenges. Following the film, a panel of local mental health experts will discuss topics raised in the film, answer audience questions and share expanded mental health resources in the community. For more information, contact Jodi Chojnacki, 715-221-8419, or [chojnacki.jodi@marshfieldclinic.org](mailto:chojnacki.jodi@marshfieldclinic.org).

We hope to see you there!



## Attend a free one-hour QPR training

Ask a Question - Save a Life. Question, Persuade & Refer (QPR) suicide "gatekeeper" trainings at Marshfield Everett Roehl Public Library. To request a training for a larger group, contact Jodi Chojnacki, [chojnacki.jodi@marshfieldclinic.org](mailto:chojnacki.jodi@marshfieldclinic.org).

To register for any of the following scheduled QPR trainings, go to <https://www.surveymonkey.com/r/TNVYWFQ>

- Monday, Sept. 16, 2019 6-7 p.m.
- Monday, Dec. 2, 2019 6-7 p.m.
- Monday, March 9, 2020 6-7 p.m.
- Monday, June 15, 2020 6-7 p.m.
- Monday, Sept. 14, 2020 6-7 p.m.

## Stay involved with so much more to come

- January 2020 - download the Marshfield Clinic Health System's free mental wellness app, Never Alone
- April 23-24, 2020 - Marshfield Clinic Psychiatry & Behavioral Health conference
- May 2020 - A week of fun, free activities during Just Look Up-Screen Free Week
- June 2020 - 10th annual Mike's Run

#### For more details, contact:

Center for Community Health Advancement, Marshfield Clinic Health System

715-221-8400 or 800-782-8581 ext. 1-8400

Visit: <https://ccha.marshfieldclinic.org/>

Facebook: <https://www.facebook.com/MCHS.CCHA/>



**Marshfield Clinic  
Health System**

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