



September is National Suicide Prevention Month

Suicide Prevention is Everyone's Business

Every day and Everyone has a role to play in Suicide Prevention

Signs and Symptoms...

- Often there may be signs that someone is at risk for suicide.
- The risk is greater if a behavior is new or has increased, and if it seems related to a painful event, loss, or change.
- It's okay to ask. It's okay to get help. Most people who attempt suicide do not want to die.

If you or someone you know exhibits any of the following signs, seek help as soon as possible by contacting a mental health professional or by calling the Lifeline at **1-800-273-TALK (8255) * Press 1 for Veterans or military members, or chat at <http://www.suicidepreventionlifeline.org/>**

- Talking about wanting to die or to kill themselves.
- Looking for a way to kill themselves, such as searching online or buying a gun.
- Talking about feeling hopeless or having no reason to live.
- Talking about feeling trapped or in unbearable pain.
- Talking about being a burden to others.
- Increasing their use of alcohol or drugs.
- Acting anxious or agitated; behaving recklessly.
- Giving away their possessions.
- Sleeping too little or too much.
- Withdrawing or isolating themselves.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.
- Talking about being very tired; extremely fatigued with life or life events.

No matter what problems you are dealing with, we want to help you find a reason to keep living. By calling **1-800-273-TALK (8255) * Press 1 for Veterans or military members**, you'll be connected to a skilled, trained counselor at a crisis center in your area, **anytime 24/7**.

*The National Suicide Prevention Lifeline is staffed with trained professionals and can help with a wide range of issues, including: substance use, economic worries, relationship and family problems, sexual orientation, illness, trauma from abuse, bullying, depression, mental and physical illness, and even loneliness.

More information and online chat is available at: <http://www.suicidepreventionlifeline.org/>

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North Carolina Suicide Prevention Resources

1. American Foundation for Suicide Prevention (AFSP) North Carolina Chapter

<http://www.afsp.org/local-chapters/local-chapters-listed-by-state/north-carolina/afsp-north-carolina>

The American Foundation for Suicide Prevention (AFSP) established a new chapter in North Carolina in May, 2014. The chapter raises awareness about suicide and its prevention through community events, Out of the Darkness walks, AFSP programs, and gatekeeper trainings. Support groups for those touched by suicide loss are available at: <https://afsp.org/find-support/>

2. Division of Mental Health, Developmental Disabilities and Substance Abuse Services (DMH/DD/SAS)

<http://www.ncdhhs.gov/mhddsas/>

The division provides strategic and operational leadership and oversight to the public mental health, developmental disability and substance abuse service system. Local Management Entities/Managed Care Organizations (LME/MCOs) manage care of individuals receiving mental health, developmental disability or substance use disorder services and are available 24/7. To locate an LME/MCO in your area visit:

<https://www.ncdhhs.gov/providers/lme-mco-directory>.

3. National Suicide Prevention Lifeline in North Carolina 1-800-273-8255

<http://www.suicidepreventionlifeline.org/>

Provides access to 24/7 crisis response services, such as screening, triage and referral; walk-in crisis; mobile crisis management teams and facility-based crisis services.

4. North Carolina Division of Public Health, Injury and Violence Prevention Branch (IVPB)

<http://www.injuryfreenc.ncdhhs.gov/> Provides fact sheets, reports, data and surveillance

[“It’s OK 2 Ask”](#) Provides suicide prevention training to communities.

5. Students Against Destructive Decisions – North Carolina State Chapter

<https://ncadmin.nc.gov/advocacy/youth-advocacy-involvement-office/students-against-destructive-decisions>

N.C. SADD has more than 300 SADD chapters across the state. The chapters carry out projects during the school year, such as seat belt checks of students driving to school, compliance checks of sales to minors, prevention activities at sports events, alcohol-free prom and graduation projects, school assemblies and community projects focusing on highway safety, underage drinking and drug prevention.

6. North Carolina SAYSO (Strong Able Youth Speaking Out)

<http://www.saysoinc.org/>

Strong Able Youth Speaking Out is a statewide association of youth aged 14 to 24 who are or have been in the out-of-home care system based in North Carolina.

7. North Carolina Youth M.O.V.E. (Motivating Others through Voices of Experience)

<http://www.ncfamiliesunited.org/youthmove/>

Youth M.O.V.E is a nationally recognized, youth-led (ages 16-26) and driven organization devoted to improving services and systems that support positive growth and development. The organization unites the voices of individuals who have had experiences in various systems including mental health, juvenile justice, education, and child welfare.

8. Crisis Text Line – Text GO to 741-741 <https://www.crisistextline.org/>

