

## Suicide Prevention: How to Support a Loved One

- **Risk factors of suicidal thoughts:** Risk factors are behaviors that makes a person more likely to experience suicidal thoughts. Risk factors include mental illness, trauma, abuse, hopelessness, lack of social supports, relationship loss, isolation etc.
- **Warning signs of Suicide:** Signs that someone is contemplating or planning suicide are vocalization of wanting to die, looking for ways to kill oneself, feelings of worthlessness, withdrawing from activities, giving away their possessions. Individuals may also seem disengaged, their drug and alcohol use may increase, they experience extreme mood swings, or act in a more reckless manner.
- **Ask about suicidal thoughts:** If someone is at risk of having suicidal urges, the idea of suicide will not be new to them. Asking them about it will not make them more suicidal. But asking could reduce risk by decreasing stigma.
- **Show empathy, not shame or guilt, in your support:** Provide compassionate support, be non-judgmental, do not blame your loved one for how they are feeling, listen to their story. Make it clear that you value the individual and their life.



PROFESSIONAL-CONFIDENTIAL-FREE Service

Contact us directly! Call: 716-681-4300

| [eap.cfsbny.org](http://eap.cfsbny.org) |



- **Connect with suicide prevention resources:** Removing risk is the most important thing you can do to help a loved one. If they have intention and a plan to end their life, you should call emergency services or take the person to the Emergency Department. Another resource is the National Suicide Prevention Lifeline or 988. Limiting their access to methods at home can be helpful.
- **Take care of yourself too:** Those who die from suicide are not the only victims. People who lose loved ones due to suicide, or experience a loved one contemplating or attempting suicide, also have difficult experiences. If someone close to you has attempted or completed suicide, make sure you have your own support network. Talk with those you feel you can rely on. Even if you feel like you are managing well, it can be beneficial to seek out mental health support and a safe space to process the event.



**You are not alone.  
Help is available.  
Suicide and Crisis Lifeline – 988  
Emergency Number – 911  
Local Crisis Service –  
716.834.3131  
ECMC CPEP – 716.898.3169**

PROFESSIONAL–CONFIDENTIAL–FREE Service

Contact us directly! Call: 716-681-4300

