

What is the Missoula County Suicide Prevention Network?

A group of concerned professionals and lay people working together to decrease the numbers of suicides in Missoula County. We offer information and referrals, education, suicide prevention training (QPR), and special events such as National Mental Health Screening Day, Suicide Prevention and Awareness Week, and National Suicide Survivor's Day.

What Can You Do?

- ◆ Join the network.
- ◆ Talk to people you are concerned about..
- ◆ Call 258-3881 to get trained in suicide prevention (QPR).
- ◆ Schedule a speaker for your group 258-3881.
- ◆ Join our Listserve:
omalley@ho.missoula.mt.us.
- ◆ Visit our web page:
co.missoula.mt.us/health
- ◆ At home, store guns and drugs safely locked away.

Get help when it is needed.
Do not wait!

National Suicide Prevention
Lifeline

1-800-273-TALK



Missoula City-County Health Dept.

**Suicide Prevention Network
Coordinator
406-258-3881**

omalley@ho.missoula.mt.us

**Suicide Prevention Network page
co.missoula.mt.us/health**

Together we can save lives

Missoula Suicide
Prevention
Network

Suicide Prevention

What you need
to know



Missoula City-County Health Dept.



Suicide Facts

- ◆ Montana's suicide rate is among the highest in the nation.
- ◆ No one really wants to die by suicide—they just want their pain to end.
- ◆ A person dies every 17 minutes from suicide in the US.
- ◆ Suicide is the most preventable form of death.
- ◆ If people get the help they need, they will likely survive the crisis.
- ◆ Talking with a person in crisis about suicide will **not** increase the risks.
- ◆ Most suicidal people express their intention before the attempt.
- ◆ Anyone can prevent a suicide. In fact, professionals cannot do it alone.

Suicide Warning Signs

- ◆ Threatening to kill or harm oneself
- ◆ Seeking access to guns, pills, etc.
- ◆ Being preoccupied with death or suicide, in writing, music, or art
- ◆ Feeling hopeless and unable to solve problems
- ◆ Engaging in risky behaviors; taking unnecessary chances
- ◆ Feeling trapped, anxious, or agitated
- ◆ Increasing use of alcohol or drugs
- ◆ Withdrawing from friends, family and activities
- ◆ Unable to sleep, or sleeping all the time
- ◆ Dramatic mood changes
- ◆ Having no optimism about life
- ◆ Talking about suicide or death



What to do in a crisis

- ◆ Do not leave them alone.
- ◆ Remove access to guns, drugs, razors, knives, etc.
- ◆ Call friends and family for additional support.
- ◆ Contact the person's doctor and their mental health provider.
- ◆ If unable to reach a doctor, take the person to a hospital emergency department.
- ◆ If you are unable to transport the person, call 9-1-1.
- ◆ Call the National Suicide Prevention Lifeline at 1-800-273-TALK.

Together we can save lives