

If you or someone you know is experiencing suicidal thoughts, call the **24-hour Suicide Prevention Lifeline** **1-800-273-TALK (8255)**

For deaf and hard of hearing, contact the lifeline via TTY **1-800-799-4889**.

If someone is in a life-threatening emergency or is in immediate danger of harming themselves, call 911 & ask for a CIT Officer (Crisis Intervention Team) or take the person to an emergency room.

Resources

Utah Suicide Prevention Coalition
utahsuicideprevention.org

National Alliance on Mental Illness
namiut.org

American Foundation for Suicide Prevention
afsp.org

Suicide Prevention Lifeline
suicidepreventionlifeline.org

After an Attempt
afteranattempt.com

Available Apps



MY3

The MY3 app helps you come up with a safety plan and a group of trusted people who you can reach out to when you are having thoughts of suicide.



Virtual Hope Box (VHB)

You and your health care provider work together to personalize your specific needs. The VHB provides help with emotional regulation and coping with stress via personalized supportive audio, video, pictures, games, mindfulness exercises, positive messages and activity planning, inspirational quotes, coping statements, and other tools.



SafeUT

The SafeUT Crisis Text and Tip Line is a statewide service that provides real-time crisis intervention to youth through texting and a confidential tip program.



HELP IS AVAILABLE
For more information visit
www.utahsuicideprevention.org
www.health.utah.gov/vipp/topics/suicide
www.namiut.org

Supporting Your Loved One After a Suicide Attempt

You are not alone



There is hope

Know the Warning Signs

- Talking or writing about death, wanting to die, or to kill themselves.
- Searching online for a way to kill themselves or buying a gun.
- Talking about feeling hopeless, trapped, guilty, ashamed, or being in unbearable pain.
- Talking about being a burden to others, having no reason to live, or about seeking revenge.
- Increasing the use of alcohol or drugs.
- Acting anxious or agitated, behaving recklessly, or taking great risks.
- Withdrawing or isolating from others.
- Showing rage or dramatic mood swings.
- Saying goodbye, making a will, or giving away possessions.

How to Help Your Loved One Be Safe

- Do not leave your loved one physically alone. Keep them safe by staying with them until they are out of crisis.
- Temporarily remove guns and other lethal means from their home or possession. You may also want to control their medications until they are out of crisis.



How to Support Your Loved One

- Make an appointment with a mental health provider before leaving the hospital and encourage them to stay in counseling.
- Be empathetic to how they felt and are feeling currently. Make statements such as, “I’m sorry I didn’t realize you were in such pain. I can’t imagine how bad you must have felt. Tell me what I can do to help you now. I care about you and I want to help you through this.”
- Be supportive during their crisis. Your loved one may have seen themselves as being completely alone or a burden on others.
- Encourage them to eat healthy, get regular sleep and exercise, and abstain from alcohol and drugs.
- Help them create a plan for their recovery, which includes a safety plan. An example can be found on the MY3 app for Android/iPhone.

How to Take Care of Yourself

When someone you love attempts suicide, you may feel traumatized, angry, sad, or afraid. You may be anxious about your loved one’s future. You may feel guilt that you should have known about or prevented the suicide attempt. It is important that you do not blame yourself. Seek support, reach out to trusted family members or friends, and take steps to care for yourself. Get therapy for the entire family and educate yourselves about suicide.



If you think someone might be considering suicide, ask them directly:

- Do you feel the same as you did before you attempted suicide?
- Are you planning to act on your suicidal thoughts again?

This does not make someone more likely to attempt suicide, but in fact it can save their life.

Learn more about how to talk to your loved one openly about suicide by attending a suicide prevention training in your area. Learn more at:

[www.utahsuicideprevention.org/
education-training](http://www.utahsuicideprevention.org/education-training)