

First Responder Suicide



Call or text the [988 Suicide & Crisis Lifeline](https://www.988lifeline.org/)
Fire Chaplain Support

What is suicide?

- Suicide is a major public health concern.
 - In 2020, suicide was the 12th leading cause of death overall in the United States,
 - claiming the lives of over 45,900 people.
- Suicide is complicated and tragic,
 - but it is often preventable.
- Knowing the warning signs for suicide
 - and knowing how to get help can help save lives.

What are the warning signs of suicide?

- Talking about wanting to die or wanting to kill themselves
- Talking about feeling empty or hopeless or having no reason to live
- Talking about feeling trapped or feeling that there are no solutions
- Feeling unbearable emotional or physical pain
- Talking about being a burden to others
- Withdrawing from family and friends

Warning signs continued

- Giving away important possessions
- Saying goodbye to friends and family
- Putting affairs in order, such as making a will
- Taking great risks that could lead to death, such as driving extremely fast
- Talking or thinking about death often
- Displaying extreme mood swings, suddenly changing from very sad to very calm or happy

Other serious warning signs

- Making a plan or looking for ways to kill themselves, such as searching for lethal methods online, stockpiling pills, or buying a gun
- Talking about feeling great guilt or shame
- Using alcohol or drugs more often
- Acting anxious or agitated
- Changing eating or sleeping habits
- Showing rage or talking about seeking revenge

Action steps you can take to Be The 1 To help someone in emotional pain

5 Action Steps for Helping Someone in Emotional Pain



ASK

"Are you thinking about killing yourself?"



KEEP THEM SAFE

Reduce access to lethal items or places.



BE THERE

Listen carefully and acknowledge their feelings.



HELP THEM CONNECT

Call or text the 988 Suicide & Crisis Lifeline number (988).



STAY CONNECTED

Follow up and stay in touch after a crisis.



nimh.nih.gov/suicideprevention

ASK:

- "Are you thinking about killing yourself?"
- It's not an easy question,
 - but studies show that asking at-risk individuals
 - if they are suicidal
 - It does not increase suicides or suicidal thoughts.

KEEP THEM SAFE:

- Reducing a suicidal person's access to highly lethal items or places
 - is an important part of suicide prevention.
- While this is not always easy,
 - asking if the at-risk person has a plan
 - and removing or disabling the lethal means can make a difference.

BE THERE:

Listen carefully and learn what the individual is thinking and feeling.

- Research suggests
 - acknowledging and talking about suicide
 - may reduce
 - rather than increase suicidal thoughts.

HELP THEM CONNECT:

- Save the 988 Suicide & Crisis Lifeline number (call or text 988)
 - in your phone so they're there if you need them.
- You can also help make a connection
 - with a trusted individual like a family member,
 - friend,
 - spiritual advisor,
 - or mental health professional.

STAY CONNECTED:

- Staying in touch after a crisis
 - It can make a difference.
- Studies have shown
 - the number of suicide deaths goes down
 - when someone follows up with the at-risk person.

What are the risk factors for suicide?

- Depression, other mental disorders, or substance use disorder
- Chronic pain
- Personal history of suicide attempts
- Family history of a mental disorder or substance use
- Family history of suicide
- Exposure to family violence, including physical or sexual abuse
- Presence of guns or other firearms in the home
- Having recently been released from prison or jail

FindTreatment.gov

<https://findtreatment.gov/locator>
This is a government website for facilities in your area

- Daymark Recovery Services Wilkes County
 - 336-667-5151
 - <http://www.daymarkrecovery.org>
 - 1400 Willow Lane, West Park, North Wilkesboro, NC 28659
- Focus Behavioral Health Services LLC Caldwell Day Treatment
 - 828-439-8191
 - <http://www.focusbhllc.com>
 - 1889 Dudley Shoals Road, Granite Falls, NC 28630
- Daymark Recovery Center Outpatient Facility
 - [More info](#)
 - 336-372-4095
 - 23.88 miles
 - <http://www.daymarkrecovery.org>
 - 1650 Highway 18 South, Sparta, NC 28675

Find treatment page

The screenshot shows the FindTreatment.gov website. The header includes navigation links: Home, Search For Treatment, State Agencies, Facility Registration, FAQs, Help, About, and Contact Us. The main section is titled "Search For Treatment" and describes it as a confidential and anonymous resource for locating treatment facilities for mental and substance use disorders. Below this is the "Search Results" section, which features a map of the United States and a "Your Location" input field. The input field has a dropdown menu for "Distance" set to "25 miles". A "Search" button is located at the bottom right of the search area.

Additional resources

- Help Resources
 - 988 Suicide & Crisis Lifeline
 - Call or text 988
- Disaster Distress Helpline
 - Immediate crisis counseling related to disasters, 24/7
 - 1.800.985.5990
- National Helpline
 - Treatment referral and information 24/7
 - 1.800.662.4357

Additional Training

- ▀ SafeTalk
 - ▀ 3.5 hour session
- ▀ Assist
 - ▀ Is a two day session
- ▀ These sessions are offered by Chaplain Millard Shepard,
Winston Salam FD
