GET INVOLVED
Bristol County Regional Coalition for Suicide Prevention
www.bcrcsp.org

Greater New Bedford Suicide Prevention Coalition
www.gnbcare.org

Taunton MA Suicide Prevention Task Force
www.facebook.com/TauntonMASuicidePrev

LEARN MORE ABOUT SUICIDE
www.suicidepreventionlifeline.org
www.samaritans.org (International)
www.samaritansusa.org (U.S.A.)
www.samaritanshope.org (Boston)
www.samaritans-bristolcounty.org
www.masspreventssuicide.org
http://veteranscrisisline.net (Veterans)
www.thetrevorproject.org (LGBTQ)
http://yellowribbon.org (Youth)
http://jasonfoundation.com (Youth)
www.jedfoundation.org (College)
www.suicidology.org
www.afsp.org
www.save.org
www.sprc.org

Visit www.bristolda.com for additional resources

HELP IS AVAILABLE!
Are you or someone you love at risk of suicide?

National Suicide Prevention Lifeline
1-800-273-TALK
www.suicidepreventionlifeline.org

Get the facts and take appropriate action.

SAMARITANS
24-Hour Helpline
1-877-870-HOPE (1-877-870-4673)

SAMARITEENS
1-800-252-TEEN (1-800-252-8336)

VETERANS CRISIS LINE
1-800-273-8255 & Press “1”

TREVOR PROJECT
for LGBTQ youth ages 13-24
1-866-488-7386
A very serious public health issue

In the United States, suicide is the 10th leading cause of death. According to the Center for Disease Control (CDC), suicide is the third leading cause of death for young people between the ages of 10 and 24. But suicide doesn’t just affect the young. Our country’s middle aged (45-64) and elderly (65 and over) populations also suffer from high rates of suicide.

Every minute someone attempts suicide and every 15 minutes someone dies by suicide. It’s an epidemic that affects all ages. In the aftermath of a suicide, family, friends and the community-at-large are often left with unanswered questions and a need for resources to cope with the grief that they feel.

The message from my office is clear: **Every life matters!**

**Our mission** at the District Attorney’s Office is to prevent suicide in Bristol County by raising awareness and by providing access to education and resources that relate to suicide prevention. We work very closely with local suicide prevention groups, our regional prevention coalition and with numerous other partners toward our shared goal of preventing suicide in Bristol County.

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**90% or more of completed suicides are by people with a diagnosable mental illness and/or a substance abuse issue.**

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**Treatment can help to address mental illness and/or substance abuse issues.**

- National Alliance on Mental Illness Information Helpline
  1-800-950-NAMI (1-800-950-6264)

- Massachusetts Substance Abuse Information And Education Helpline
  1-800-327-5050

Studies indicate the best way to prevent suicide is through the early recognition and treatment of depression and other psychiatric illnesses.

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**Warning Signs**

Individuals contemplating suicide may exhibit one or more of the following signs:

- Talking about or threatening to harm oneself and seeking access to firearms, poison, pills or other means.
- Talking about or writing about feeling hopeless or about death or dying.
- Behavior that is out of character for the individual such as sleeping all the time or acting anxious and being unable to sleep.
- Rapid weight loss or gain. Giving away possessions.
- Expressing uncontrollable anger or sadness or demonstrating dramatic changes in mood.
- Increasing drug and/or alcohol use or engaging in other types of reckless behavior.
- Withdrawing from family, friends & society.

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If someone exhibits one or more of these signs and you feel that they may be contemplating suicide:

**Ask them directly if they are thinking about suicide or are planning a suicide attempt.**

Asking someone about suicide will not “put the idea in their head” and by asking that question you may help to save a life.

**If someone needs help then seek it immediately through:**

- a mental health professional
- The National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255)
- The Samaritans 24-hour helpline at 1-877-870-HOPE (1-877-870-4673)
- “911”

Anyone can call the National Suicide Prevention Lifeline or the Samaritans. Family and friends who may be concerned about a loved one may call. Those looking to find out more about suicide prevention or that may need information about treatment should call. Those feeling sad, hopeless or suicidal should definitely call!

A suicidal person needs a lot of support – more than any one person can give. Get help by calling one of the numbers listed above or from: A counselor or therapist. A teacher or guidance counselor. The local hospital emergency room. A nurse or doctor.