

GET INVOLVED/FOR MORE INFORMATION

Bristol County Regional Coalition for
Suicide Prevention - Annemarie Matulis
508-922-7278 or matulisannie@msn.com or
www.bcrersp.org

The Samaritans of Bristol County - Del Ferus
508-679-9777 or samsfrnb@aol.com or
www.samaritans-bristolcounty.org

Greater Attleboro Suicide Prevention Coalition -
Jacqueline O'Brien
508-223-2222, Ext. 3244 or
healthnurse@cityofattleboro.us

Fall River Suicide Prevention Coalition -
Wendy Garf-Lipp
508-324-7900, Ext. 103 or Wendy@unfr.org

Greater New Bedford Suicide Prevention Coalition -
Rev. David Lima
508-951-4347 or pdlima01@gmail.com or
www.gnbcares.org

Taunton MA Suicide Prevention Task Force -
Tracey L. Medeiros
508-922-7277 or tracey.l.medeiros6@gmail.com or
www.facebook.com/TauntonMASuicidePrev

LEARN MORE

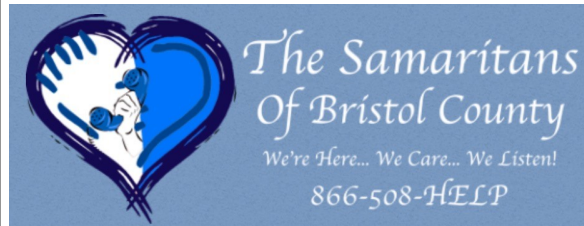
afsp.org
bristolda.com/community-affairs/suicide-prevention
jasonfoundation.com (Youth)
jedfoundation.org (College)
masspreventssuicide.org
samaritans.org (International)
samaritansusa.org (U.S.A.)
samaritanshope.org (Boston)
samaritans-bristolcounty.org (Local)
save.org
sprc.org
suicidepreventionlifeline.org
suicidology.org
thetrevorproject.org (LGBTQ)
veteranscrisisline.net (Veterans)
yellowribbon.org (Youth)

HELP IS AVAILABLE!

Are you or
someone you love
at risk of suicide?



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

OFFICE OF THE BRISTOL COUNTY
DISTRICT ATTORNEY

THOMAS M. QUINN III

**SUICIDE
PREVENTION**



888 Purchase Street
New Bedford, MA 02740
Tel: 508-997-0711
Fax: 508-997-0396
www.bristolda.com

Follow us online!



**Bristol County District Attorney
Thomas M. Quinn III**



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 second leading cause of death for young people between the ages of 15 and 24. But suicide doesn't just affect the young. Our country's middle aged (45-64) and elderly (65 and over) populations also grapple with the issue of suicide.

Every minute someone attempts suicide and every 15 minutes someone dies by suicide. It's an issue 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.**

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

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.

**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 possible means.

Talking or writing about feeling hopeless or about death or dying.

Exhibiting out of character behavior such as sleeping all the time or acting anxious and being unable to sleep, rapid weight loss or gain or 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.

Addressing the biggest myth about suicide

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, or a nurse or doctor.