

Healthy Notes – March

Suicide: according to the NIMH/CDC, suicide is the 10th leading cause of death in the U.S.

Suicide warning signs or suicidal thoughts include:

- Talking about suicide — for example, making statements such as "I'm going to kill myself," "I wish I were dead" or "I wish I hadn't been born"
- Getting the means to take your own life, such as buying a gun or stockpiling pills
- Withdrawing from social contact and wanting to be left alone
- Having mood swings, such as being emotionally high one day and deeply discouraged the next
- Being preoccupied with death, dying or violence
- Feeling trapped or hopeless about a situation
- Increasing use of alcohol or drugs
- Changing normal routine, including eating or sleeping patterns
- Doing risky or self-destructive things, such as using drugs or driving recklessly
- Giving away belongings or getting affairs in order when there's no other logical explanation for doing this
- Saying goodbye to people as if they won't be seen again
- Developing personality changes or being severely anxious or agitated, particularly when experiencing some of the warning signs listed above

Warning signs aren't always obvious, and they may vary from person to person. Some people make their intentions clear, while others keep suicidal thoughts and feelings secret.

If you're feeling suicidal, but you aren't immediately thinking of hurting yourself:

- Reach out to a close friend or loved one — even though it may be hard to talk about your feelings
- Contact a minister, spiritual leader or someone in your faith community
- Call a suicide hotline. **CONCERN HOTLINE – (540) 667-0145 = [24/7/365]**
- Make an appointment with your doctor, other health care provider or a mental health professional

Suicidal thinking doesn't get better on its own — so get help.