

People who have successfully broken the suicidal trance recommend the following:

- * End isolation
- * Build realistic self-worth
- * Deepen your spiritual life
- * Learn to ask for help, again and again
- * Be real
- * Look for ways to contribute to the lives of others

Concerned About Someone?

Highlight this brochure and share it with them.

Offer your help and support.

Do not hurt yourself.



For Emergency Help

- * 911
- * Wheeler Emergency Mobile Psychiatric Services for Children (866) 261-0893
- * West Hartford Police (860) 523-5203
- * National Hope Line Network (800) 784-2433

Non-Emergency Help

- * National Institutes of Health www.nimh.nih.gov/suicideprevention/suicidefaq.cfm
- * HopeWorks (860) 561-1175
- * The Bridge (860) 521-8035

Contributions to HopeWorks

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Understanding Suicidal Thoughts

Warning signs should be taken seriously.
National Mental Health Association



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Providing hope and help to young people and their families through counseling and education

Suicide is a destructive and *permanent* action that desperate people take when they feel hopeless. There are always better options.

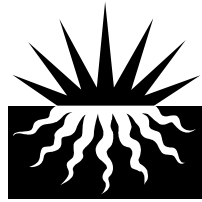
People in the depths of despair often cannot see alternatives. They may fall into a "suicidal trance" when suicide seems to be the only option.

Warning Signs

- * Depression
- * Impulsiveness
- * Drug and alcohol abuse
- * Family history of suicide



Friends and families must increase their involvement, helping to maintain the suicidal person's safety and hope.



More Warning Signs

- * Expressing hopelessness and despair
- * Previous suicide attempts
- * Increasing isolation
- * Thinking about committing suicide
- * Talking about committing suicide
- * Having a suicide plan
- * Giving away prized possessions

What to Do

The suicidal impulse is a warning to *STOP* and ask yourself:

- ☼ Have I become isolated?
- ☼ Who can help me to stay safe, if I am feeling unsafe?

When you are in the suicidal trance, isolation is deadly.

Get Help!

Tell a trusted friend, counselor, or other adult about your feelings.

