

Parent's Guide to Suicide and Self-Harm Concerns

Gestures and statements of self-harm and suicide must be taken seriously!!!

Recognize Imminent Dangers:

- The signs that most directly warn of suicide include:
 - Threatening to hurt or kill oneself
 - Looking for ways to kill oneself (weapons, pills...)
 - Talking or writing about death, dying, or suicide
 - Has made plans or preparations for a serious attempt
- Certain intense feelings or expressions such as depression, insomnia, intense anxiety, feelings of desperation or being trapped, feelings of hopelessness, rage or anger are other warning signs of self-harm and suicidal behaviors.
- Acting reckless or engaging in risky behaviors, engaging in violent or self-destructive behaviors, increasing drug or alcohol use, and withdrawing from friends or family are warning signs, especially if they are not characteristic of their typical personality.

If a person is showing warning signs, threatening suicide or self-harm:

- Do not leave the person alone
- Remove from the vicinity any firearms, drugs, or sharp objects that could be used for suicide
- Take the person to the emergency room or use 911 emergency services if needed

Who can I contact for help?

- Lycoming-Clinton counties operate a 24 hour crisis hotline at #570-326-7895 or 1-800-525-7938.
- National Suicide Prevention Lifeline at #1-800-273-TALK (8255)