

Here are 10 things you can do about addiction and suicide

- 1 Use safer language when talking about suicide (Instead of saying committed or successful attempt – replace with died by suicide)
- 2 The same language applies to addiction & mental illness. Use person first language (avoid words like addict, junkie, crazy, mentally ill: replace with people who use drugs person living with a substance use disorder or mental illness)
- 3 DO reach out and ask/ talk to people who may be at risk for suicide and tell them you are concerned
- 4 If someone is in danger of suicide, DON'T leave them alone (online or in person) & call 911
- 5 Offer hope in any form. It's not that people want to die, it's that they can't find a way to go on living. Help to complicate their thinking that there is another way out of pain.
- 6 Listen, observe, pay attention to your gut. ASK, be calm & offer hope
- 7 Join a team whenever possible. Consult with another person whenever you have concerns about a person at risk for suicide. Ask “who else can we talk to about this?”
- 8 If someone is at risk for suicide remove firearms from that persons home whenever possible.
- 9 If you think someone is suicidal, ASK THEM – asking “Are you thinking of killing yourself?” does not plant the idea in someone's head. Asking someone directly about suicidal intent lowers anxiety, opens up communication, and lowers the risk of an impulsive act.
- 10 Mental health and addiction are diseases of isolation. Reach out- Never worry alone



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