

THERE IS HELP AVAILABLE

if you or someone you know
is feeling depressed or suicidal, call:

586-307-9100

Macomb County Crisis Center
(voice/TTY/most languages)
available 24 / 7 / 365

- telephone counseling
- info about other helpful services
- your call is private and confidential
- you do not have to give your name
- all services are free
- collect calls are accepted



Macomb County Community Mental Health
is supported and funded, in part, by the
Macomb County Board of Commissioners

Keeping a secret about
suicide could be deadly

BREAK A SECRET SAVES LIVES

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suicide could be deadly

WARNING SIGNS

Most suicidal people would rather end their pain than end their life. Most suicidal people also show warning signs, usually 2-3 months before they make an attempt.

Here are some signs to look for:

- Talking about suicide, dying, or not being around much longer.
- Interest in writing, art, or music that focuses on death.
- Recent loss of any kind (death, break-up, move, sickness, etc.)
- Family problems (parents divorcing or losing a job, fighting or arguing in the home, etc.)
- Changes in mood (crying, feeling depressed, feeling hyper, etc.)
- Changes in behavior (fighting, taking risks, getting into trouble with the law, etc.)
- Avoiding other people.
- Using drugs or alcohol.
- Not taking care of personal hygiene.
- Changes in eating or sleeping habits.
- Getting ready to kill themselves (collecting pills, gun, etc.; saying goodbye, giving things away, returning borrowed property).
- Suddenly being cheerful after a time of being depressed.
- Previous suicide attempts.

IF YOU ARE FEELING SUICIDAL

- Talk to an adult you can trust (parent, relative, teacher, counselor, religious or spiritual leader).
- Be with your friends and family.
- Express your feelings (talk, cry, yell, write, etc.)
- Remember that help is out there. You don't have to feel this way.
- Call the Crisis Center at 586-307-9100.

IF SOMEONE YOU KNOW FEELS SUICIDAL

- Directly ask the person "are you thinking of killing yourself?"
- Offer to be there to listen. Let them know that they're not alone.
- Take their feelings seriously.
- Do not judge or dare them.
- Help them remember the people and things that matter to them and remind them of who would miss them if they were dead.
- Offer hope that there are other choices.
- Ask them to agree to call the Crisis Center before doing anything to hurt or kill themselves.
- Give them the Crisis Center number: 586-307-9100. It's free, confidential and available 24/7.
- Involve adults who would be helpful to that person.
- Remember that keeping a secret about someone who is suicidal could be deadly.