The Ohio Department of Mental Health and Addiction Services, along with you, your partners and caring citizens throughout the State share in the goal of reducing suicide in Ohio.

**SUICIDE IS CLOSELY LINKED TO MENTAL HEALTH AND SUBSTANCE USE DISORDERS. WHAT CAN YOU DO?**

**MOST AT RISK**
- White males ages 35-64, living in rural and Appalachian communities
- White males ages 65 and older, living in urban areas
- History of depression, substance abuse, and/or prior suicide attempts

**KNOW THE SIGNS**

**of emotional distress & suicide**

- Personality changes
  - Uncharacteristically angry, anxious, agitated, or moody
- Withdrawal or increased isolation
- Poor self-care and/or engaging in risky behavior
- Hopeless or overwhelmed by their situation

**TAKE ACTION**
- **Provide** education regarding suicide & mental health
- **Foster** hope, purpose, and meaning as a protective factor against suicide
- **Know** when to refer to a mental health provider
- **Support** survivors after a suicide

**RESOURCES**
- **Suicide Prevention Resource Center**
  sprc.org/resources-programs/
  ... after-suicide-recommendations-religious-services-and-other-public-memorial
  ... meeting-summary-recommendations-clergy-workgroup-suicide-prevention-aftercare
  ... role-faith-communities-suicide-prevention-guidebook-faith-leaders
- **Action Alliance for Suicide Prevention**
  actionallianceforsuicideprevention.org/faithhopelife
- **Faith Leader Mental Health Guide**
  psychiatry.org/psychiatrists/cultural-competency/faith-community-partnership
- **Suicide Prevention, Intervention, & Postvention for Faith Leaders**
  theconnectprogram.org/training-audiences/suicide-preventionintervention-and-postvention-faith-leaders
- **The Ohio Governor’s Office of Faith-Based and Community Initiatives**
  governor.ohio.gov/Priorities-and-Initiatives/Faith-Based-and-Community-Initiatives
- **Pathways 2 Promise**
  pathways2promise.org/
- **Mental Health First Aid**
  mentalhealthfirstaid.org/
- **Ohio Department of Mental Health & Addiction Services**
  mha.ohio.gov/suicideprevention

**FOR A LIFE-THREATENING EMERGENCY, CALL 911**