



# SUICIDE PREVENTION

for Faith Based Organizations

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

## SUPPORT

- ▶ **National Suicide Prevention Lifeline**  
1-800-273-8255
- ▶ **Crisis Text Line**  
text 4hope to 741 741

## 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/](http://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](http://actionallianceforsuicideprevention.org/faithhopelife)
- ▶ **Faith Leader Mental Health Guide**  
[psychiatry.org/psychiatrists/cultural-competency/faith-community-partnership](http://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](http://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](http://governor.ohio.gov/Priorities-and-Initiatives/Faith-Based-and-Community-Initiatives)
- ▶ **Pathways 2 Promise** [pathways2promise.org/](http://pathways2promise.org/)
- ▶ **Mental Health First Aid** [mentalhealthfirstaid.org/](http://mentalhealthfirstaid.org/)
- ▶ **Ohio Department of Mental Health & Addiction Services** [mha.ohio.gov/suicideprevention](http://mha.ohio.gov/suicideprevention)



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