



SUICIDE PREVENTION

for Older Adults

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 65 and older, living in urban areas
- ▶ Untreated mental illness – especially depression and substance use disorders

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

- ▶ **Observe** an individual's behavior and get the appropriate help when you suspect they may be at risk of self-harm
- ▶ **Provide** relevant information and train staff in your facility
- ▶ **Foster** emotional well-being by creating an environment that promotes communication, respect, engagement, and a sense of belonging and social connectedness

RESOURCES

- ▶ **Promoting emotional health and preventing suicide: A toolkit for senior centers**
store.samhsa.gov/product/Promoting-Emotional-Health-and-Preventing-Suicide/SMA15-4416
- ▶ **Suicide and Aging: A Gatekeeper's Workshop**
www.familyserviceinc.com/samaritans
- ▶ **CALM: Counseling on Access to Lethal Means**
sprc.org/resources-programs/calm-counseling-access-lethal-means
- ▶ **Mental Health First Aid**
mentalhealthfirstaid.org/
- ▶ **Ohio Department of Mental Health & Addiction Services**
mha.ohio.gov/suicideprevention



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FOR A LIFE-THREATENING EMERGENCY, CALL 911