

## Suicide Prevention

### National Suicide Prevention Lifeline

1-800-273-8255

We can all help prevent suicide. The Lifeline provides 24/7 free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

Suicide is the second leading cause of death for Nebraskans ages 15 years to 34 years.

### Warning Signs

Displaying one of these symptoms may not necessarily mean a person is suicidal but if a person displays more than one or several it may indicate that the person needs help:

- Verbal suicidal threats or suggestions “I won’t be around much longer” or “you will be better off without me”.
- Verbalizing feelings of hopelessness or helplessness.
- Lack of interest in future plans.
- Depression or personality changes.
- Giving away possessions.
- Displaying risky behaviors.
- Previous suicide attempt.

### If you think someone is suicidal:

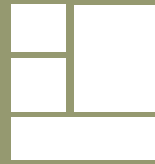
- Get professional help. Call the National Suicide Prevention Lifeline: 1-800-273-8255. They provide free confidential emotional support to people in suicide crisis or emotional distress. Website address: <https://suicidepreventionlifeline.org>
- Stay with the person, speak with them about your concerns but avoid making promises. Be a good listener.
- Ask direct questions to the person of concern. Ask for details. The more details verbalized the greater the risk of action.
- Make the living environment safe by removing or securing firearms, alcohol, and illicit drugs. Secure medications but make sure they are taken as prescribed.

**National Suicide Prevention Hot Line: 1-800-273-8255 or website:**

<https://suicidepreventionlifeline.org>



# Suicide Prevention



BOX BUTTE  
GENERAL HOSPITAL

**Veterans Crisis Line: 1-800-273-8255 or website:**

<https://www.veteranscrisisline.net/>

**American Indian Resources: 1-800-273-8255 or website:**

<https://suicidepreventionlifeline.org/help-yourself/native-americans/>

<https://www.ihs.gov/suicideprevention/>

<https://www.aspeninstitute.org/programs/center-for-native-american-youth/>

<https://www.wernative.org/articles/wanting-to-end-your-life>

