

DO I NEED HELP FOR SUICIDE?

WHAT IS SUICIDALITY?

Suicidality is the risk of suicide either by thinking about or intending to die by suicide and having a plan to do it.

Prevention

Develop a Safety Plan

Create a list of:

Warning signs

Coping strategies

- Phone numbers of social contacts and professionals

Develop a Hope Kit

Create a collection of meaningful items that can provide hope in crisis, such as:

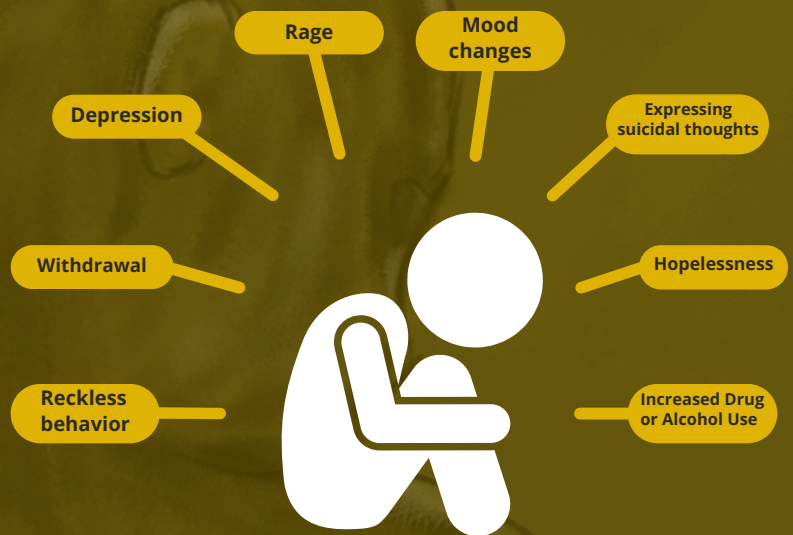
Pictures

Postcards/letters

Inspirational sayings or poems

Reach Out for Support

Connect with a loved one or a mental health professional.



**SUICIDE CAN
AFFECT ANYONE.**

THERE IS HOPE.

If you or someone you love may be experiencing signs of suicide, contact the
UK Center for Support and Intervention at (859) 257-3755
or <https://www.uky.edu/concern>

For more information on behavioral health resources, visit <https://bhwel.l.uky.edu>

References:

1. Bhar, S. S., & Brown, G. K. (2012). Treatment of depression and suicide in older adults. *Cognitive and Behavioral Practice*, 19(1), 116-125.
2. Stanley, B., & Brown, G. K. (2012). Safety planning intervention: a brief intervention to mitigate suicide risk. *Cognitive and behavioral practice*, 19(2), 256-264.
3. Suicide prevention. (2020, November 20). <https://www.samhsa.gov/find-help/suicide-prevention>.
4. Wenzel, A., Brown, G. K., & Beck, A. T. (2009). Cognitive therapy for suicidal patients: Scientific and clinical applications. *American Psychological Association*.