

# 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

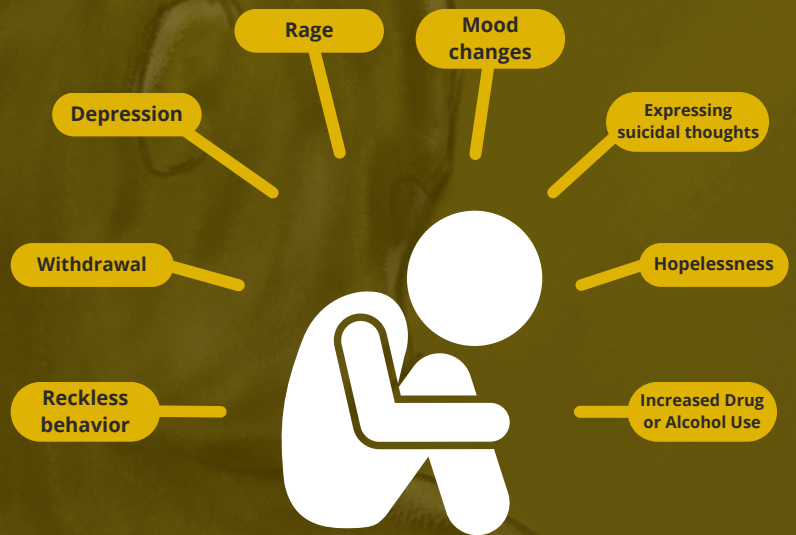
### Develop a Hope Kit

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 call or text the Suicide & Crisis Lifeline at 988 or dial 800-662-HELP (4357).

For more information on behavioral health resources, visit <https://bhwell.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.