Suicide Prevention Resource Guide

Greater New Brunswick and Middlesex County

Risk Factors

Research has found that 46% of people who die by suicide had a known mental health condition. Other risks are:

- A family history of suicide
- Substance abuse. Drugs can create mental highs and lows that worsen suicidal thoughts.
- Intoxication. More than a third of the people who die from suicide are under the influence of alcohol at the time of death.
- Access to firearms
- A serious or chronic medical illness
- Gender. Although more women than men attempt suicide, men are nearly 4 times more likely to die by suicide.
- A history of trauma or abuse
- Prolonged stress/ recent tragedy or loss

Warning Signs

- Expresses feelings of hopelessness, helplessness or worthlessness
- Talks about wanting to die, "wishing" one were dead
- Withdraws from family and friends
- Loses interest in activities once enjoyed
- Neglects personal appearance or hygiene
- Increases use of alcohol or drugs
- Talks about being a burden to others
- Engages in reckless behaviors
- Recent obsession with guns and knives
- Gives away prized possessions
- Exploring ways to commit suicide, such as searching for methods online or buying a gun.
- Changes in a person's sleeping habits

Help Lines and Resources

New Jersey Hopeline: **855-654-6735;** Send text to **njhopeline@ubhc.rutgers.edu** (available 24/7)

National Suicide Prevention Lifeline: **800-273-8255**

1-800-SUICIDE National Hotline: **800-784-2433**

The Trevor Project (LGBTQ Crisis Hotline): **866-488-7386**

Middlesex County Adult Acute Psychiatric Services Hotline: **732-235-5700**

Somerset County Psychiatric Emergency Screening Services: **908-526-4100**

Crisis Text Line. Text HOME to **741741**



IN CASE OF EMERGENCY PHONE: 911

How to Approach a Suicide Crisis

- Talk openly and honestly. Don't be afraid to ask questions like: "Do you have a plan for how you would kill yourself?"
- Remove items that would assist a suicide such as guns, knives or stockpiled pills
- Calmly ask simple and direct questions, like "Can I help you call the helpline or your behavioral health provider?"
- If there are multiple people around, have one person speak at a time
- Express support and concern
- Don't argue, threaten or raise your voice
- Don't debate whether suicide is right or wrong
- If you're nervous, try not to fidget or pace



Additional Resources:

Behavioral Health Referral and Resource Guide: Greater New Brunswick and Middlesex County, 2019 Edition at: http://rwjms.rutgers.edu/BehavioralHealthGuide/

Navigating a Mental Health Crisis: A NAMI resource guide for those experiencing a mental health emergency, 2018 at: https://www.nami.org/Support-Education/Publications-Reports/Guides/Navigating-a-Mental-Health-Crisis/Navigating-A-Mental-Health-Crisis?utm_source=website&utm_medium=cta&utm_campaign=crisisguide

www.nami.org/Learn-More/Mental-Health-Conditions/Related-Conditions/Risk-of-Suicide

http://www.njhopeline.com/

suicidepreventionlifeline.org/

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