

# SUICIDE PREVENTION CONNECT TO HOPE

TOOLKIT



In the U.S., suicide is the 12th leading cause of death with nearly 45,979 people dying by suicide in 2020. That's one person every 11 minutes. And a staggering 90% of those who died by suicide had a diagnosable mental health condition at the time of their death\*. Every September, organizations come together to spread awareness about suicide prevention, advocate for mental health legislation and to let people know help is available for those who are suffering emotionally.



## CONNECT TO HOPE

If you recognize that you or someone in your life is suffering reach out and get help. For active-duty military, veterans, loved ones of service members, Give an Hour's network of licensed mental health professionals can help. Visit [www.giveanhour.org](http://www.giveanhour.org) to find care.



## SPREAD HOPE

The Five Signs of Emotional Suffering and Healthy Habits of Emotional Wellbeing give us a common language to identify when someone is suffering and how we can stay emotionally healthy.



## GIVE HOPE

Your generous contribution helps us provide free mental health care to those in need and continue our efforts to change the culture of mental health.

## GET INVOLVED



### Volunteer

Interested in making an impact in your community? Licensed mental health providers can join our network to participate in various programs providing mental health services, support and education to those we serve.



### Share Your Story

Sharing a story about your personal experience with mental health challenges can help in your own recovery, as well as provide encouragement and support to others. Share Using #GAHConnect2Hope

\*<https://afsp.org/suicide-statistics>

# The *Five* Signs of Emotional Suffering

Often our friends, neighbors, co-workers, and family members are suffering emotionally and don't recognize the symptoms or won't ask for help. If you recognize that you or someone else needs help, reach out, show compassion and a willingness to find a solution when the person may not have the will or drive to do it alone.

Here are five signs that may mean someone is in emotional pain and might need help:



## PERSONALITY CHANGES

You may notice sudden or gradual changes in the way that someone typically behaves. People in this situation may behave in ways that don't seem to fit their values, or the person may just seem different.



## UNCHARACTERISTICALLY ANGRY, ANXIOUS, AGITATED, OR MOODY

You may notice the person has more frequent problems controlling his or her temper and seems irritable or unable to calm down. People in more extreme situations of this kind may be unable to sleep or may explode in anger at a minor problem.



## WITHDRAWAL OR ISOLATION FROM OTHER PEOPLE

Someone who used to be socially engaged may pull away from family and friends and stop taking part in activities that used to be enjoyable. In more severe cases the person may start failing to make it to work or school. Not to be confused with the behavior of someone who is more introverted, this sign is marked by a change in a person's typical sociability, as when someone pulls away from the social support typically available.



## MAY NEGLECT SELF-CARE AND ENGAGE IN RISKY BEHAVIOR

You may notice a change in the person's level of personal care or an act of poor judgment. For instance, someone may let personal hygiene deteriorate, or the person may start abusing alcohol or illicit substances or engaging in other self-destructive behavior that may alienate loved ones.



## OVERCOME WITH HOPELESSNESS AND OVERWHELMED BY CIRCUMSTANCES

Have you noticed someone who used to be optimistic and now can't find anything to be hopeful about? That person may be suffering from extreme or prolonged grief, or feelings of worthlessness or guilt. People in this situation may say that the world would be better off without them, suggesting suicidal thinking.

# Know the *Five* Signs of Emotional Suffering



Personality  
Changed?



Feeling  
Agitated?



Feeling  
Withdrawn?



Poor  
Self-Care?



Feeling  
Hopeless?



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# The *Healthy* Habits of Emotional Wellbeing

It is important to recognize when someone is in emotional pain. It is equally important to learn basic habits that keep up emotionally healthy.

What are the Healthy Habits of Emotional Wellbeing? They are habits that everyone can learn, habits that allow each of us to identify and practice that works for us.



## TAKE CARE OF YOU

Eat, sleep, and be active. We don't often think about how important these basic activities are for our mental health -- but they are critical.



## CHECK IN AND GET CHECKUPS

We get check-ups for our physical health. We see our dentist to take care of our teeth. It's time to take responsibility and get check-ups for our emotional wellbeing. Talk with your doctor, a counselor, a faith-based leader....and your family and friends to make sure you, and those you love, are doing well emotionally.



## ENGAGE AND CONNECT WISELY

Pay attention to your relationships. We can't be healthy if our relationships are not.



## RELAX

Learn ways to reduce the stress that we all face -- and practice what works for you: meditate, run, knit, dance, sing, write, love...



## KNOW THE FIVE SIGNS OF EMOTIONAL SUFFERING

The Five Signs are change in personality, agitation, withdrawal, decline in personal care, and hopelessness. Someone may exhibit one or more signs. Many conditions can result in emotional pain. If you see them in someone you love, reach out, connect and offer to help.

# Healthy Habits

## of Emotional Wellbeing



TAKE CARE



CHECK IN



ENGAGE & CONNECT

WISELY



RELAX



KNOW THE  
FIVE SIGNS



#giveanhour

giveanhour.org



# CONNECT TO HOPE: ACCESSING MENTAL HEALTH CARE

*hope*

[www.giveanhour.org](http://www.giveanhour.org)



Seeking therapy is always a good thing. Therapists listen to your story and help you make connections. They may offer guidance or recommendations when you feel lost. A good therapist will not tell you what to do, but empower you to take action on your own. People often know exactly what to do when they have a physical illness, but do you know when, who, and how to find care for a mental concern? There is no single, correct approach in finding care. Connecting with the right provider may take some time. With patience & perseverance, these tips will help you find your provider.

## WHEN TO SEEK CARE

- Anytime! Maintenance is essential to your mental health
- You feel like you can't do normal daily activities you previously were able to accomplish
- Thinking about or coping with an issue is taking more than one hour of your day
- You have a major life event (birth, death, job change, breakups, family struggles)
- You need help coping with symptoms of an illness that may not respond to treatment right away
- You've developed habits to cope with your emotional health that are impacting you physically in a negative way

## WHO TO CHOOSE

- If you have a mental health condition that may benefit from medication, consult a mental health doctor, such as a psychiatrist or mental health nurse practitioner who has experience treating your condition (MD, DO, PMHNP, APN)
- If you're seeking help with emotions, behaviors, and patterns, consult with a therapist, counselor, or psychologist. Like medical doctors, these professionals have specialties, so find one who knows about your specific issue (credentials include LCSW, LPC, LMFT, PhD)

**REMEMBER: YOU ARE IN CONTROL OF YOUR THERAPY RELATIONSHIP. ADVOCATE FOR YOURSELF AND SEEK ANOTHER CARE PROVIDER IF YOU DO NOT FEEL LIKE IT IS A GOOD THERAPUTIC FIT. ONE SIZE DOESN'T FIT ALL!**

## HOW TO FIND CARE

Common places to find mental health providers:

- Ask your insurance company for a list of in-network providers or your company's employee assistance program (EAP)
- Ask trusted family or friends for recommendations
- Search nonprofit, government or mental health organization websites that have lists of providers
- Contact local or national mental health organizations
- General internet search for "psychiatrist" or "therapist" in your city

Consider consulting your physician. Some physical health issues may cause symptoms similar to mental health illnesses. A physician can navigate this concern.

## WHAT TO ASK PROVIDERS

Before the first session:

- Do you have experience helping individuals with concerns like mine?
- Do you accept my insurance? If I don't have insurance, do you have a sliding scale for payments?
- What kinds of therapy do you offer?
- Do you have a regular opening that fits my schedule?

After the first session:

- Do you think we are a good fit?
- What will my treatment plan or our sessions look like?
- How often do you think I should come?
- Will we make goals together? How will we measure success?
- How do I reach you in an emergency?

***\*If you, or someone you love, is in immediate danger, call 911 or go to your nearest emergency room right away\****

