



Educating is Take Care of Yourself



WHAT SHOULD I DO IF SOMEONE I KNOW IS CONSIDERING SUICIDE?

- Join the person at all times that present the risk.
- Make sure that the person does not have access to lethal means (rope or any other object that can hang; drugs or chemicals that can poison; firearms or sharp objects).
- Let them know you are the person who wants to help.
- Listen tranquil, without judgement.
- Help him/her to express his/her feelings.
- Try to get your loved to seek help from a mental health professional or call 9-1-1.

People who consider suicide are trying to get away from a life situation that seems impossible to handle. Helping the person to look for answers and alternatives, avoid thinking that the person is doing it to manipulate and seek help from a professional are key elements to stabilize the person who is going through this situation

SUICIDE IS NOT THE SOLUTION

Suicide is a major problem in our society. About 30,000 people die by suicide each year in the United States. On 2018, in Puerto Rico, 242 people committed suicide. Until May 2019, 85 people have committed suicide. Knowing the risk factors and who are exposed can help reduce the suicide rate.

The main risk factors for suicide are as follows:

- Having experienced a loss.
- Previous suicidal intents.
- Any mental disorder or abuse of substances.
- Family history of suicide or being exposed to behaviors suicide of others.
- Family violence.
- Possess guns or other firearms in the home.
- Economical, work or family problems, or couple situations.
- Talk or write about death to die or suicide.
- Presents rage, anger, or looking for revenge.
- Act recklessly or participate in risky activities, apparently without thinking.

If you are in a crisis or have ideas or thoughts of becoming a damage call 787-641-9133 or call the PAS Line at 1-800-981-0023, available 24 hours a day, 7 days a week. They are there alternatives to help you. Suicide is not the indicated answer.