



Suicide Awareness Alliance OF WASHINGTON COUNTY

344 Muskingum Drive * Marietta, Ohio 45750 * (740) 374-6990

The Suicide Awareness Alliance of Washington County meets monthly. The alliance provides suicide awareness programs (for example, the American Foundation for Suicide Prevention's program, "More than Sad," for parents, teachers and others who work with youth) and activities (such as A Walk to Remember and the Holiday Candlelight vigil for survivors of suicide loss). We invite any interested community member to join us. For more information, call: (740) 374-6990.

STATEMENT OF MISSION AND GOALS

The mission of the Suicide Awareness Alliance of Washington County is to increase awareness of the impact of suicide and suicide attempts in Washington County, Ohio. The Alliance will make information and resources available to the general public about suicide and suicide prevention.



Helping Other People Endure

HOPE is a support group for family members, friends & co-workers who have lost a loved one to suicide.

For more information, call LeeAnn Price at (740) 350-3365.

Suicide Warning Signs	What to Do
Talking about wanting to die or to kill oneself.	Be direct. Talk openly and matter-of-factly about suicide.
Looking for a way to kill oneself, such as searching online or buying a gun.	Be willing to listen. Allow expression of feelings and accept the feelings.
Talking about feeling hopeless or having no reason to live.	Be non-judgmental. Don't debate whether suicide is right or wrong, or feelings are good or bad. Don't lecture on the value of life.
Talking about being a burden to others.	Get involved. Become available. Show interest and support.
Increasing the use of alcohol or drugs.	Don't act shocked. This will put distance between you.
Acting anxious or agitated, behaving recklessly.	Don't be sworn to secrecy. Seek support.
Sleeping too much or too little.	Offer hope that alternatives are available, but do not offer glib reassurance.
Withdrawing or feeling isolated.	Take action. Remove means, such as guns or stockpiled pills.
Showing rage or talking about seeking revenge.	GET HELP from persons or agencies specializing in crisis intervention and suicide prevention.
Displaying extreme mood swings.	Don't leave the person alone. Call 911 or, if it is safe to do so, take the person to the nearest emergency
Source: Substance Abuse and Mental Health Services Administration	Source: American Association of Suicidology

Important Resources

Washington County Hotline

(740) 373-8240

National Suicide Prevention Hotline

1 (800) 273-TALK (8255)

Ohio Crisis Textline

A free, 24/7 text line for people in crisis

Text 4HOPE to 741741



Find the Suicide Awareness Alliance of Washington County on Facebook and on the web page:

<http://www.washingtongov.org/wcbhb>