

If you or someone you know is in an emergency, call The National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or call 911 immediately.

Membership Application

When you join now, you become a member of your NAMI affiliate, your NAMI State Organization and the national NAMI Organization. I wish to join NAMI-NYS as a member of a local affiliate. The county that I live in is:

_____ Household membership (\$60.00) List Names in household:

_____ Regular Membership (\$40.00)

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_____ Donation

Name: _____

Street: _____

City: _____

State _____ Zip _____

Phone: _____

Cell Phone: _____

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Thank you for joining NAMI-NYS!
Please make your check payable to "NAMI-NYS" and mail to:

NAMI-NYS
99 Pine St., Suite 105
Albany, NY 12207
(518) 462-2000

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SUICIDE

What You Should Know



NATIONAL

SUICIDE

PREVENTION

LIFELINE

1-800-273-TALK (8255)

suicidepreventionlifeline.org

Source:

<http://www.nami.org/Learn-More/Mental-Health-Conditions/Related-Conditions/Suicide#sthash.frxOpOul.dpuf>



Risk of Suicide

According to the CDC, each year more than 41,000 individuals die by suicide, leaving behind thousands of friends and family members to navigate the tragedy of their loss. Suicide is the 10th leading cause of death among adults in the U.S. and the 2nd leading cause of death among people aged 10-24; these rates are increasing.

Suicidal thoughts or behaviors are both damaging and dangerous and are therefore considered a psychiatric emergency. Someone experiencing these thoughts should seek immediate assistance from a health or mental health care provider. Having suicidal thoughts does not mean someone is weak or flawed.

Know the Warning Signs

- Threats or comments about killing themselves, also known as suicidal ideation, can begin with seemingly harmless thoughts like “I wish I wasn’t here” but can become more overt and dangerous
- Increased alcohol and drug use
- Aggressive behavior
- Social withdrawal from friends, family and the community
- Dramatic mood swings
- Talking, writing or thinking about death
- Impulsive or reckless behavior

Is There Imminent Danger?

Any person exhibiting these behaviors should get care immediately:

- Putting their affairs in order and giving away their possessions
- Saying goodbye to friends and family
- Mood shifts from despair to calm
- Planning, possibly by looking around to buy, steal or borrow the tools they need to commit suicide, such as a firearm or prescription medication

If you are unsure, a licensed mental health professional can help assess risk.

Risk Factors for Suicide

Research has found that about 90% of individuals who die by suicide experience mental illness. A number of other things may put a person at risk of suicide, including:

- A family history of suicide
- Substance abuse. Drugs and alcohol can result in mental highs and lows that exacerbate suicidal thoughts
- Intoxication. More than one in three people who die from suicide are found to be currently under the influence
- Access to firearms
- A serious or chronic medical illness
- Gender. Although more women than men attempt suicide, men are four times more likely to die by suicide
- A history of trauma or abuse
- Prolonged stress
- Isolation
- Age. People under age 24 or above age 65 are at a higher risk for suicide
- A recent tragedy or loss
- Agitation and sleep deprivation

Can Thoughts of Suicide Be Prevented?

Mental health professionals are trained to help a person understand their feelings and can improve mental wellness and resiliency. Depending on their training they can provide effective ways to help.

Psychotherapy, such as cognitive behavioral therapy and dialectical behavior therapy, can help a person with thoughts of suicide recognize unhealthy patterns of thinking and behavior, validate troubling feelings, and learn coping skills.

Medication can be used if necessary to treat underlying depression and anxiety and can lower a person’s risk of hurting themselves. Depending on the person’s mental health diagnosis, other medications can be used to alleviate symptoms.

