Suicide

Warning Signs of Suicide

Warning signs of suicide include:
• Depression, including excessive sadness or moodiness
• Sudden calmness, which could be a sign a person is planning to end their life
• Withdrawal from friends or social activities
• Changes in appearance or personality
• Dangerous behavior, like drug or alcohol use
• Recent trauma or life crisis such as the death of a loved one or loss of a job
• Making preparations like making a will, giving away possessions
• Making suicidal threats

Questions to Ask?
• How are you coping with what is happening in your life?
• Do you ever feel like giving up?
• Are you thinking about dying?
• Are you thinking about suicide?
• Have you ever thought about suicide or tried to harm yourself?
• Have you thought about how or when you would do it?
• Do you have access to weapons or things that can be used to harm yourself?

If it is clear that your friend is in danger of hurting themselves, ASK FOR HELP. Do not try to handle the situation yourself. Notify authorities, or encourage your friend to go to a local Emergency Room for immediate help.

Community Resources

School Resources:
• Bluefield State College Suicide Prevention Resource Center
  • (304) 327-4567
  • Available Monday-Friday, 8am-4pm

WV Resident Resources:
• WV Hotline: 1-844-Help4WV
• Beckley: 304-256-7100 (FMRS Health Systems located at 101 S. Eisenhower Drive, Beckley. Walk-Ins Accepted M-F, 8am-5pm or direct admission 24hr/day, 7 days/week

In Lewisburg:
• Seneca Health– Monday through Friday 8-5
  • (304) 641-7911

National Resources:
• Hotline: 1-800–SUICIDE
• NATIONAL SUICIDE PREVENTION HOTLINE: 1-800-273-TALK
  • https://suicidepreventionlifeline.org/chat (available 24/7)
  • Crisis Text Line: Text HOME to 741741

LGBTQ Youth:
• 866-488-7386
  • Text START to 678678 (limited hours)

Veteran Resources:
• 800-273-8255, press 1
• Text 838255
• Chat: www.veteranscrisisline.net/get-help/chat

References:

Autumn Kauff, RN
Jackie Kiddle, RN
John Linkous, RN
Michele Merrill, RN
Godfrey Ngure, RN

If you are considering suicide and have a plan, please call 911 or visit the nearest emergency room.