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| |  | | --- | | **Other Resources:**   * NAMI * Cap Services Family Crisis Center (1-800-472-3377) * United Way 211 * Portage County Sheriff (715-346-1400) * St. Michael’s hospital ER (715346-5100) * Portage County Health and Human Services (715-345-5350) * Crisis Intervention Line (1-866-317-9362) * Text “Helpline” to 741741   **Website Resources:**   * [www.NAMI.org](http://www.nami.org/) * [www.namiwisconsin.org](http://www.namiwisconsin.org/) * [www.suicidepreventionportagecounty.org](http://www.suicidepreventionportagecounty.org/) * [www.save.org](http://www.save.org/) * [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org/) * [www.mentalhealthsamhsa.gov/suicideprevention](http://www.mentalhealthsamhsa.gov/suicideprevention) * [www.cdc.gov/ncip.dvp.suicide](http://www.cdc.gov/ncip.dvp.suicide) * [www.CrisisChat.org](http://www.crisischat.org/) * [www.mhawisconsin.org](http://www.mhawisconsin.org) * [www.preventsuicidewi.org](http://www.preventsuicidewi.org) | | |  |  | | --- | --- | |  |  | | |  |  | |  | | --- | | Suicide Prevention and Safety Planning Tool Kit | | [This Photo](http://efoliointheuk.blogspot.com/2011_02_01_archive.html) by Unknown Author is licensed under [CC BY](https://creativecommons.org/licenses/by/3.0/) | | **TIPS FOR TALKING TO YOUR  YOUNG ADULT** | |

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| **Do Suicidal People Want to Die?** Suicidal people often believe that they have tried everything to stop the pain. However, the pain makes it difficult to think clearly, consider options, or remember reason to stay alive.  Seeking professional help is a BIG step toward easing the emotional pain.  ***With help, your loved one can feel well again.***  **Why are adolescents so moody?**  Adolescent years are confusing for everyone. Their moodiness can be exhausting!  Adults often find it difficult to keep up with all the emotional and physical changes adolescents experience. They may look more like adults than kids, but don’t think or act like adults. Young people are figuring out who they are in comparison to their parents, siblings, and other important people in their lives. In their transition from childhood to adulthood, they live constantly with conflicting feelings, and this is normal.  It can be difficult to distinguish between normal adolescent moodiness and more serious emotional problems. Therefore, talking with them and getting comfortable with the uncomfortable questions is important. Take the time to listen and remind them that overwhelming and confusing feelings are a normal part of being an adolescent. If these feelings become too much to cope with, it is best to get help. |  |  | **Community Resources**  **Inpatient:**   * Eau Claire –Sacred Heart (715-717-4272) * Madison-Meriter (608-417-8777) * Milwaukee-Rogers Memorial (414-646-4411) * Sheboygan-Sheboygan Memorial (920-451-5000) * Green Bay-Willow Creek (920-328-1220) * Appleton-St. Elizabeth’s (920-738-2490) * Green Bay-Bellin Hospital (920-433-3630) * Chippewa Falls -LE Phillips (715-723-5585)     **Outpatient:**   * Catalpa -Waupaca and Appleton (920-750-7000) * Ascension Psychiatry/Psychology- Stevens Point (715-341-7441) * Ascension Behavioral Health- Stevens Point (715-344-4611) * Marshfield Clinic-Marshfield (715-387-5442) * Children's Hospital –Stevens Point (715-341-6672) * Behavioral Health Clinic-Wausau (715-842-9500) * Oswald Counseling-Stevens Point (715-342-0290) * Riverwood Counseling-Stevens Point (715-343-5256) * Charis Counseling-Wausau (715848-0525)   + Marshfield (715-389-9382) * Central Wisconsin Counseling Associates-Stevens Point and Wisconsin Rapids (715-424-6960) * Compass Counseling –Weston (715-298-6364)   + Wausau (715-845-5493) Wis. Rapids (715-712-1523) * New Directions-Stevens Point (715-345-9690) * Alliance Health-Stevens Point (715-690-1272) |
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| **Why Am I Feeling This Way?** When a loved one is in crisis, the family may experience intense feelings and need extra care and attention. This includes you!  **Alone:** It’s easy to think that you are the only one with this problem, especially because so many people avoid talking about mental health issues. You are not alone. **Reach out for help from family, friends, professionals, or a family support group.   Guilt/Blame:** There is rarely just one reason for your loved one’s distress. Blaming yourself or others is not useful. **Focus instead on looking for ways to help.  Angry:** Feeling powerless about your loved one’s crisis might make you feel angry with them or with the world in general. **A healthy way to communicate these strong feelings is to make it clear that you won’t just stand by and do nothing while he or she struggles.** Let your loved one know you will do everything you can take keep them health and safe.  *Going through this experience together may help you come on the other side of this crisis as a stronger family than you were before.*  **Scared:** You may wonder if your sense of alarm or panic will ever go away. You may wonder if your loved one will be safe, or if you’ll ever feel safe again. You may fear that your family won’t be the same again. These are all normal fears. **It will help to talk to someone.** |  |  | **Do I really need to watch for suicide?  Suicide is the second leading cause of death for adolescents. Understanding why can help you take care of your loved ones.** A suicidal person is a person in pain, who wants to make the pain go away. Emotional or mental pain makes it difficult to think clearly.   Recent research shows that the part of the brain that limits risky behaviors isn’t fully developed until age 25. This means that adolescents are more likely to take sudden action- including suicide- without considering the consequences.   The desire for pain to go away, combined with risky behaviors, increase risk for suicide.   Ask your young person about suicide, and take all suicidal thoughts, and behaviors seriously. Its be **ALWAYS** better to be safe than sorry when it comes to suicide. |
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| **How do I know if my loved one is suicidal?**  **Behaviors to watch for:**   * **Talking or joking about suicide** (“I wish I were dead.” “I can’t take it anymore.” “I’ll just kill myself.” “you’ll miss me when I’m gone) **Always take this seriously!!!** * **Withdrawing** from things that they love to do. * **Giving things away** that are valuable to them. * **Drawing or writing about death.** * **Looking for or talking about ways to die.** * **Being forgetful**; not being able to concentrate; not doing   well at school or work.  **Feelings or moods to watch for:**   * **Drastic mood changes,** easily angered or upset * **Feeling as if they are a burden** or that people will be better off without them. * **Feeling hopeless**, depressed, or sad for some time. * **A sudden improvement in mood** for no apparent reason. Sometimes when a person plans to die, they suddenly seem to feel better, perhaps because they see an end to their pain. |  |  | **“You seem so sad (or withdrawn or angry or worried or…) What’s going on?”**  Identify a feeling and give your loved one a change to talk about it. Their feelings won’t always make sense to you. Sometimes the things we feel aren’t logical. So, don’t lecture. Just listen. It does help to get their feelings out.  **“Are you thinking about killing yourself…How would you do it?”** These are such difficult questions. Ask them anyway! The answers tell you what you need to know to keep your loved one safer. Is there something in your house your young person is tempted to use to hurt or kill themselves? Remove it. Can your young person agree on a way to stay safe? If not, it may be time to go to the hospital.   **“Remember that time you felt so bad? You got through it and you can get through this.”** It helps to be reminded that intense feelings pass, just like storm clouds. There is hope!! |
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| **What should I say to my loved one?** Here are a few ideas of what to say. You know your loved one best, so use what makes sense for you.  **“I love you and want to make sure you stay safe.”** To do that we need to agree on a couple of things. I’m going to be asking you if you’re okay, so let’s decide how often I’m going to ask. You also need to agree to be honest when you answer the question. This agreement to communicate is an important first step.  **“Let’s talk when we’re calmer.”** Arguments between you and your loved one can easily occur at this point. Strong words can result in more pain for both of you. Try to avoid confrontation when emotions are running high.   **“I love you… I’m proud of you…you are so important to me…we’re going to get through this together.”**  sometimes a person who is feeling depressed or anxious or desperate becomes convinced that other people would be better off without him or her. Keep the encouragement coming so your loved one hears how important he or she is to you and to other people. |  |  | **Painful life events that can increase the risk of suicide:**   * **Being bullied** at school, by text, phone, or social media (Facebook, Instagram or twitter). * **Suffering a trauma** (injury or medical problems, sexual abuse/assault, victim of violence, legal problems) * **Questioning sexual orientation** or being labeled gay, lesbian, bi-sexual or transgendered. * **A recent loss** (moving, changing schools, parents’ divorce, relationship breakup, death of someone they love- even a celebrity.) |

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| **What should I remove from my home right now?**   **Guns:** Firearms should be removed from the home. Ask a relative, neighbor or a friend if they can hold them for you. If you are unable to find a safe place to store them, most police departments will hold your firearms for safekeeping. Call your local police department for more information.  ***It is important to make your home as safe as possible, especially if your loved one is experiencing severe stress, anxiety or depression.***  **Poisons and Medications:** Removing poisons, pills or any medications, including over-the-counter, every day medications are Important.  You can call **Poison** **Control at 1-800-222-1222** to find out a safe amount of medication to keep on hand.  **Alcohol and drugs in the home increase the risk of suicide.**  There are other ways people end their lives. Ask your loved one if there is something he or she has thought of using for suicide. If so, remove that as well. |  |  | **What should I do to help my loved one?**  **Do** ask about suicide, use words like “suicide” or “kill yourself” **Don’t** ask if they are thinking about doing something “crazy, “Drastic” or “Stupid”. Say “suicide when you mean Suicide.  **Don’t** leave your loved one alone if he or she can’t agree on a way to stay safe.  **Do** assure them that the intensity of their feelings will pass.  **Do** ask your loved one if they are ok. Agree on how many times each day you will ask.  **Do** agree one a way to communicate. Talking, writing, texting- even drawing- are ways your loved one may communicate feelings and ask for help. **Don’t** argue about how your loved one is feeling, even if it is uncomfortable to hear. **Don’t** judge their feelings or lecture about how you think your loved one should feel. Remember that thoughts of suicide are a result of not being able to think clearly through their pain.  **Do** come up with a Safety Plan and remind them to follow the steps. **Do** remove guns, poisons and alcohol from the home. **Do** make sure your loved one takes their medication as prescribed. **Do** make sure they keep their counseling appointments.  **Do** call or go to the hospital if things get worse. |