

You have received this brochure because people are concerned about you and your welfare. You may have expressed feelings of hopelessness, thoughts of hurting yourself, or even attempted to harm yourself or end your life by suicide. Whatever the reason, you are encouraged to review the information.

The materials were prepared by the Brown County Coalition for Suicide Prevention and contain a variety of resources about mental health and suicide prevention. It is the mission of the Work Group to fight the stigma related to mental health and suicide issues by providing educational materials.

*Suicide is a permanent solution to a temporary issue.
Please seek help; there is hope.*

Warning Signs for Suicide (a partial list)

- Withdrawal from friends or social activities
- Sexual identity issues
- Loss of interest in things that ordinarily brought joy or happiness
- Personality changes, anxiety or panic attack
- Risky or self-destructive behavior
- Unwillingness to connect with those who could help
- Apathy
- Lack of interest in the future
- Change in personal appearance
- Giving away prized possessions
- Talk of having no reason to live

**RESOURCES IN RESPONSE
TO A CRY FOR HELP**

24-HOUR CRISIS SERVICES

Crisis Center

300 Crooks Street
Green Bay, WI 54301
920-436-8888

Suicide Hotlines

1-800-SUICIDE
1-800-273-8255

Veterans Suicide Hotline

1-800-273-TALK, Option 1

PSYCHIATRIC / MENTAL HEALTH SERVICES

Brown County Human Services

Community Treatment Program
3150 Gershwin Drive, Green Bay, WI 54311
Access **920-448-6095**

NAMI Brown County

PO Box 398, Green Bay, WI 54305-0398
920-430-7460

Oneida Behavioral Health

920-490-3790

Bellin Health Psychiatric Center

920-433-3630

www.depression-screening.org

INFORMATION & REFERRAL SERVICES

211

United Way's non-emergency telephone number that connects people with community services

Aging & Disability Resource Center

300 S Adams St, Green Bay, WI 54301
920-448-4300

**RESOURCES
IN
RESPONSE
TO
A CRY
FOR
HELP**



**Committed to promoting awareness,
overcoming stigma and preventing suicide
in Brown County.**

The will to live is strong . . .

. . . but when someone truly believes that there is no hope or they are in tremendous physical or emotional pain, that will can be overcome. It happens too often. Suicide affects people of all walks of life, cultures, professions, and ages.

According to many suicide prevention agencies, every 17 minutes in our nation, someone dies by suicide. Most people who are suicidal do not want to end their lives; they want to end the pain. Stress, mood disorders, depression, or life-altering events, limit the ability to think clearly and make decisions. They lose hope and begin to feel that the pain will be with them for the rest of their lives.

Some people are more vulnerable and greatly affected by stressors, interpersonal conflicts, relationship issues, or life-altering events. They may feel weakened by the weight of these and many other issues and begin to believe that the circumstances are never going to improve. They believe strongly that there is no way to solve the problem or escape the pain. This in turn may lead to thoughts of suicide.

If you have had these thoughts, you are not alone. You may have felt hopeless, but there are many resources available to provide hope. At the very least, talking with someone about the thoughts you have may be a relief.

Life is precious but never easy. Suicide is not the answer to the times when it seems unbearable. Please keep these resources for yourself or others who may need extra help in finding hope.

Suicide Prevention by Balancing Risk Factors with Protective Factors

Risk Factors for Suicide

(not a complete list)

- Chronic stress
- Recent loss or multiple losses
- Trauma or abuse
- Poor self-image
- Isolation
- Family history of suicide
- Interpersonal conflicts
- Change in marital status
- Experienced rejection or failure
- Being bullied or being the bullier
- Feeling a stigma about seeking help
- Access to a means or method
- Depression (diagnosed or undiagnosed)
- Chronic pain or physical illness
- Incarceration or threat of incarceration
- Recent discharge from mental health facility
- Impulsive or aggressive tendencies
- Humiliation or threat to status
- Previous suicide attempt
- Exposure to suicidal behavior
- Influence of others who died by suicide
- Chemical dependency

Protective Factors for Suicide

(not a complete list)

- Restricted access to means or method
- Accessible mental health resources
- Effective clinical care, mental health, or treatment centers in community
- Strong spiritual or religious faith
- Having a purpose and sense of meaning in life
- Skills to problem solve
- Education in controlling impulses and handling disputes in nonviolent ways
- Stress management skills
- Coping skills
- Surrounded by community of people who provide ongoing support and hope
- Strong connections to family
- Strong connections to friends and/or a community that minimize sense of isolation.
- Living in a community where seeking help is not viewed as negative.
- Receiving strong messages that reduce the stigma of mental health disorders and suicide.