

## **Suicide Prevention - Part III**

*By Karen Cerrato, LCSW, CEAP*

*Solutions EAP Program Coordinator at FSW*



Stop a Suicide Today uses this helpful acronym: **ACT – CARE - TREATMENT**

### **ACT:**

ACT upon the suicidal thought or gesture; do not hesitate to ask them directly if they want to hurt or kill themselves. Erroneously people believe if we ask them, we risk putting the idea of suicide in their head.

### **CARE:**

Show them that you care by being willing to listen, without any judgment. You can tell your loved one that you are worried about them and that you want to help them.

### **TREATMENT:**

Get professional help. These are some suggestions to help facilitate getting treatment. If your loved one or friend is in immediate danger such as they took pills already or they have a weapon, call 911. It is strongly recommended that you do not take any risks when helping someone who is suicidal; your safety is just as important. In some cases people are willing to kill others in order to commit suicide. If there is no immediate danger but your friend or family member is talking about suicide, they have a plan and they have the means to do it, do not leave them alone until help arrives. If possible remove any sharp objects, firearms (with caution) or pills from the area. Once the help arrives, tell the responders any specific information you know. For example, tell them the plan and means they want to hurt themselves, or if they took pills, what type, how much and when? Once at the hospital, the hospital staff will treat any injuries first. Then they will conduct an evaluation to determine the safety and level of care that the person needs. Some people will be admitted to the hospital for a few days in order to stabilize the crisis. Once the crisis has passed, the person most likely would be referred to a community mental health program or an individual provider to continue treatment.

### **IMPORTANT RESOURCES:**

#### **Connecticut:**

##### **United Way of CT Crisis Hotline**

United Way of CT Crisis Hotline "211" is a member of the National Lifeline crisis network and is the responder in CT. "211" assists persons in crisis, as well as those wanting to help someone they've encountered in crisis whether in person, by phone or on the Internet. [www.211ct.org/crisis/Default.asp](http://www.211ct.org/crisis/Default.asp)

##### **American Foundation for Suicide Prevention-Southern CT Chapter**

Resources for survivors of suicide and those interested in suicide prevention.

Carol Sebastian, Chair (203) 253-9939; [cesebastian1@yahoo.com](mailto:cesebastian1@yahoo.com)

#### **Nationwide:**

##### **The National Suicide Prevention Lifeline**

Assists persons in crisis, as well as those wanting to help someone they've encountered in crisis whether in person, by phone or on the Internet.

1-800-273-TALK (8255)

TTY: 800-799-4TTY (4889)

<http://www.suicidepreventionlifeline.org>

##### **Stop a Suicide Today**

<http://www.stopasuicide.org>

**Call Solutions EAP at 1-800-526-3485 for assistance for all of life's challenges. It's free, confidential and open to your family members. Check us out on-line at <http://www.solutions-eap.com>**