

Suicide Prevention: A Toolkit for Those At-Risk



Image via [Pexels](#)

When a person commits [suicide](#), the people who are left behind often find themselves asking “why?” Why did their loved one feel that taking their own life was the right choice? The answer to such a question is never simple. Suicide can [linked](#) to correlating mental illness, traumatic experiences, bereavement, personal relationships, addiction, illnesses, and more. But in the end, coming up with reasons behind the suicide doesn’t make it any easier for the people who are left with a gaping hole in their lives after losing a loved one.

Resources for Those Dealing with Suicidal Thoughts

If you are currently dealing with suicidal thoughts, know that the pain you are feeling is temporary and will subside. The most important thing is to reach out to somebody and talk with them about the difficult thoughts and feelings you have. If you do not have a friend or family member to call, please try one of the following numbers:

- [National Suicide Prevention Lifeline](#) - 1-800-273-8255.

- Veterans can get confidential support by calling **1-800-273-8255** (press 1) or texting **838255**.

When you are in the throes of suicidal thoughts, the pain can be so overwhelming it seems like the only escape possible. However, emotions and pain are not permanent. There will be a time when you feel better. Your absence would cause a great deal of grief for those in your life in ways you may not even be able to imagine. The world is complicated, and life can be challenging, but there are experiences, sensations, and people that are worth living for. It is possible to experience happiness, satisfaction, and enjoyment in your life.

Suicide, Depression, and Treatment: The Facts

- [90 percent](#) of all people who die by suicide have a diagnosable psychiatric disorder -- such as major depressive disorder -- at the time of their death.
- 50 percent of all people who die by suicide suffer from [major depression](#); that number increases to 75 percent if alcohol is involved.
- More Americans suffer from major depression than heart disease, cancer, and HIV/AIDS.
- Depression is largely undertreated worldwide; doctors estimate 1 million more people per year should have access to effective treatment -- including [medication](#) -- for depression.
- While medication is helpful, treating depression takes a [multifaceted approach](#). In addition to antidepressants, those with a major depressive disorder should consider actions such as talk therapy, sobriety, regular exercise and a shift in [diet](#).

Long-Term Suicide Prevention

Suicide [prevention](#) is never a one-size-fits-all process. There are also no quick fixes. When it comes to preventing suicide, it takes a combination of community involvement as well as personal responsibility. Those who have struggled with suicidal thoughts before can implement long-term prevention strategies into their day-to-day lives so they are better able to cope with distress in life.

For instance, when losing a loved one, it is important to seek out grief support. The [Refreshing Times Counseling Center](#) can help individuals cope with the extreme pain of loss and the loneliness that comes with it. With the right support and coping mechanisms, they can maintain optimal health and avoid major depressive episodes that can contribute to suicidal thoughts.

A healthy lifestyle can help support mental well-being. [Exercise](#) is an essential daily practice for all humans -- not just those struggling with mental health. If you are not active enough, your

brain and body chemistry are thrown out of whack. This can affect how you feel mentally, physically and emotionally. The state of your home can also affect how you feel. A space that is clean, [free from clutter](#), and full of natural light can promote positive thoughts and feelings.

Suicide is a worldwide health crisis that all too commonly hits close to home. Those struggling with suicidal thoughts should talk about them immediately either with a loved one or with a trained counselor. The facts don't lie: Many people who struggle with suicidal thoughts are un- or under-treated for a common mental illness such as depression. These illnesses are treatable and manageable with long-term care.