



Suicide is a permanent solution to a temporary problem.

Check in on your family, neighbors and friends

“How are you?” may be the text that makes a difference
End the stigma, start the conversation

KNOW THE SIGNS • KNOW HOW TO HELP

Recognizing warning signs and responding with compassion can help connect someone to support.

WARNING SIGNS

- Increased alcohol or drug use
- Aggressive behavior
- Withdrawal from friends, family and community • Dramatic mood swings
- Impulsive or reckless behavior

Seek immediate help if someone begins collecting/saving pills or buying a weapon; giving away possessions; tying up loose ends; or saying goodbye.

RISK FACTORS

- Family history of suicide
- Substance use or intoxication
- Access to firearms
- Serious or chronic medical illness • History of trauma or abuse
- Prolonged stress
- Recent tragedy or loss

SUPPORT IN A CRISIS

- Talk openly. Ask directly about suicide and whether there is a plan.
- Remove access to lethal means.
- Stay calm; have one person speak at a time.
- Express support and listen without judgment.
- Do not argue, threaten, raise your voice, or debate.
- Be patient and help connect the person with professional care.

The suicide rate in Alabama has increased by 35.9% over the past 20 years.

2024 suicide rates
Alabama State 16.2%
Mobile County 11.2%

2025 NIMH shows Suicide “2nd leading cause of death for young persons people ages 10–14, 15–24, and 25–34”

HELP IS AVAILABLE

CALL OR TEXT 988

988 Suicide & Crisis Lifeline • Free and confidential • Available 24/7/365

CALL 251-415-8737

The Community Health Worker Team “for help with access to suicide prevention resources”
USA Health Center for Healthy Communities
Email: CHWS@southalabama.edu

CALL 911

if you or someone else is in immediate danger.



There is hope. Suicidal thoughts can be treated and can improve over time.
A licensed mental health professional can help assess and provide support.



This project was supported by Grant No. 2024-SC-ST-471 awarded by the Bureau of Justice Assistance. The Bureau of Justice Assistance is a component of the Department of Justice’s Office of Justice Programs, which also includes the Bureau of Justice Statistics, the National Institute of Justice, the Office of Juvenile Justice and Delinquency Prevention, the Office for Victims of Crime, and the SMART Office. Points of view or opinions in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.

