

Kirk Hamilton Allen Foundation – “Be Informed”

To fully achieve our Mission, our foundation engages in the following Core Strategies:

- Offer educational programs for professionals
- Educate, provide resources and bring awareness into the school communities to Teens via classroom discussion, school counselors, educators, curriculum, bulletins and/or assembly presentation
- Educate the public about mood disorders and suicide prevention
- Promote policies and legislation that impact suicide and prevention
- Provide programs and resources for survivors of suicide loss and people at risk, and involve them in prevention

In the United States, a person dies by suicide every 13.7 minutes, claiming more than 38,000 lives each year. It is estimated that an attempt is made every minute, with close to one million people attempting suicide annually. Suicide is the fourth leading cause of death in the U.S. among adults 18-65, **the second leading cause of death among teens and young adults,** and individuals ages 65 and older account for 16 percent of all suicide deaths. This is a public health issue that does not discriminate by age, gender, ethnicity, or socio-economic status.

Most of the time, people who are at risk will show one or more of these warning signs before they take action:

- Talking about wanting to kill themselves, or saying they wish they were dead
- Feeling hopeless or having no reason to live
- Feeling trapped, desperate, or needing to escape from an intolerable situation
- Having the feeling of being a burden to others
- Having intense anxiety and/or panic attacks
- Insomnia
- Becoming socially isolated and withdrawn from friends, family, and others
- Showing rage, or talking about seeking revenge for being victimized or rejected, whether or not the situations the person describes seem real

Individuals who show such behaviors should be evaluated for possible suicide risk by a medical doctor or mental health professional.

Take it Seriously

- 50% to 75% of all people who attempt suicide tell someone about their intention.
- If someone you know shows the warning signs above, the time to act is now.

Ask Questions

- Begin by telling the person you are concerned about them.
- Don't be afraid to ask whether the person is considering suicide, and whether they have a particular plan or method in mind. These questions will not push them toward suicide if they were not considering it.
- Do not try to argue someone out of suicide. Instead, let them know that you care, that they are not alone and that they can get help. Avoid pleading and preaching to them with statements such as, "You have so much to live for," or "Your suicide will hurt your family."

Encourage Professional Help

- Actively encourage the person to see a physician or mental health professional immediately.
- People considering suicide often believe they cannot be helped. If you can, assist them to identify a professional and schedule an appointment. If they will let you, go to the appointment with them.

Take Action

- If the person is threatening, talking about, or making specific plans for suicide, this is a crisis requiring immediate attention. Do not leave the person alone.
- Call Suicide Prevention Lifeline at 1-800-273-TALK (8255) for assistance.

**Contact us @: kirkhamiltonallenfoundation.com
or call anytime for assistance 206-724-7227**