

WORRIED ABOUT A FRIEND?

- **STAY** with the person - you are his/her **lifeline!**
- **Listen**, really listen. Take him/her seriously.
- **Get**, or call for **help** immediately!

It's OK to **ASK 4 HELP!**®

www.yellowribbon.org

Worried about yourself?

- Realize the future won't be the same without you. There's a "U" shape hole that only you can fill.
- Find someone you can talk to: family, friends, clergy, doctor, coaches, teachers, or call your local crisis line.
- Avoid using alcohol and/or drugs:
 - they only provide a temporary escape that delays finding a real solution.
 - they make you less likely to think before you act.
- Trust that your future holds friendships, love, happiness and self worth.
- Seek help immediately if you feel overwhelmed.
- Do not tolerate physical, emotional or sexual abuse from anyone.
- Do not choose suicide -- problems are temporary but suicide is permanent.

Needing help is not failing;
it is simply being human.

**NUMBERS TO CALL FOR
IMMEDIATE HELP**

EMERGENCY: 911

Shawano County Crisis Line:

1-715-526-3240

1-888-238-3253

Menominee County Crisis Line:

1-715-799-3861

Waupaca County Crisis Line:

1-800-719-4418

Oconto County Crisis Line:

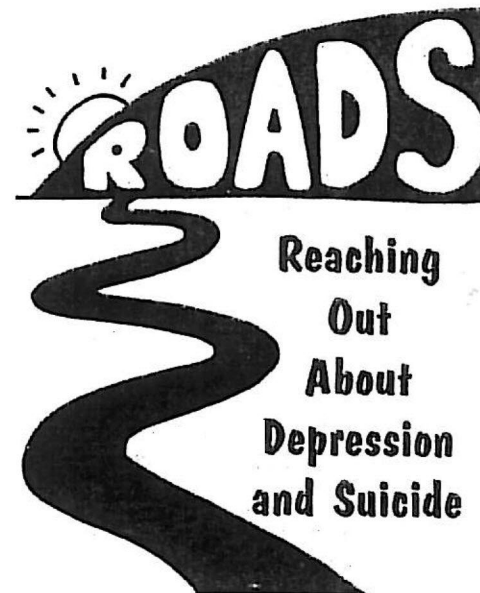
1-920-834-7000

NATIONAL CRISIS LINE

1-800-273-TALK

(1-800-273-8255)

**Depression & Suicide
are *IN*
our community.**



Learn how you can

Be a link - - - Save a life!

ROADS – is a community effort to reduce suicide rates in Shawano County and surrounding areas.

For more information about **ROADS**, call the Swedberg Funeral Home @ 715-526-2631, or visit our website.

www.roadshelp.org

Suicide Facts

- Wisconsin had 660 suicide deaths in 2008. Suicide is 3 times more prevalent than homicide in Wisconsin.
- More teenagers and young adults die from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia, influenza, and chronic lung disease combined.
- Suicide rates are the highest among people age 65 and older. Elderly males (>75) are 3 times more likely to die by suicide than the general population in Wisconsin.
- People that die by suicide are not trying to end their lives. . . they are trying to end their pain.
- 90% of suicides have a diagnosable and treatable mental illness or substance abuse disorder. Therefore, many suicides are preventable. Unfortunately, 75% do not ask for help or get the adequate treatment they desperately need.

SURVIVORS OF SUICIDE

SOS is a group that shares the common experience of having lost someone to suicide. **SOS** is also open to those who have attempted suicide and their family and friends.

WHEN: The third Monday of each month
at 7:00 p.m.

WHERE: Swedberg Family Center
114 N. Bartlett Street
Shawano, Wisconsin 54166
(One block South of Shawano Medical Center)

CONTACT: Jeri Montour 715-584-2254
or email - jerilee1314@yahoo.com

Risk Factors

- Depression / loss of self esteem
- Substance abuse
- Major loss (loved one, relationship, home, divorce, job)
- Unexpected pregnancy
- Stressful family life (family members who are depressed, abusive, unstable or substance abusers)
- Previous suicide attempts or having a family member or friend complete or attempt suicide
- Learning disabilities (frustration with school or job)
- Failing in school or career
- Fear of authority, peers, group, or gang members

Warning Signs

- Suicide threats or gestures
- Statements about feeling hopeless, helpless or worthless
- Saying things like "I'm going to kill myself," or "I wish I were dead," or "I shouldn't have been born"
- Talking, reading, or writing about suicide or death
- Dramatic changes in personality
- Unusual neglect of appearance
- Visiting or calling people to say good-bye
- Giving away belongings or prized possessions
- Engaging in self-injurious behaviors such as cutting and/or other "risk taking behaviors"
- Withdrawal from people, especially close friends, family or favorite activity
- Increasing use of drugs and/or alcohol
- Trouble with eating / sleeping

Depression

Depression is triggered by a combination of genetic, psychological, and environmental factors. The brain is an organ of the body just like the heart and the kidneys. If the neurotransmitters (chemicals in the brain) get out of balance, the brain can get sick, and the result can be clinical depression. A bad or stressful life event could trigger depression; however, a genetically susceptible person can get depressed at a time when everything is going fine and there seems to be no reason to get depressed.

Symptoms of depression:

- Persistent sad, anxious or empty mood (feeling numb)
- Feelings of hopelessness, pessimism, crying spells, guilt, worthlessness, helplessness
- Loss of interest or pleasure in activities and hobbies that were once enjoyable
- Decreased energy, fatigue, feeling slowed down
- Difficulty concentrating, remembering and making decisions
- Insomnia, early morning awakening, or oversleeping (sleeping more or less than usual)
- Appetite and/or weight loss or gain, overeating (eating more or less than usual)
- Thoughts of death or suicide; suicide attempt
- Restlessness, irritability, moody or unexplained anger
- Avoiding or withdrawing from friends, family, society
- Using alcohol or drugs to escape feelings
- Persistent physical symptoms that do not respond to treatment, such as headache, digestive disorders and chronic pain
- If you recognize these symptoms in yourself or someone you care about, remember. . . **It's OK to ASK 4 HELP**®
Call your Doctor or your county's Department of Health and Human Services