

Suicide

Prevention takes a Community

Warning Signs

- Talking about suicide/wanting to die
- Looking for ways to kill oneself
- Increased alcohol/substance use
- Agitation, rage, or reckless behavior
- Perceived hopelessness/burdensomeness
- Putting affairs in order/saying goodbye
- Giving away prized possessions
- Sudden changes in behavior
- Withdrawal/isolation

Risk Factors

- Prior suicide attempt
- Loss of major relationship
- History of trauma or victimization
- Exposure to suicide/suicidal behavior
- Co-occurring depression/mood disorder
- Loss of financial security or social status
- Loss/anticipated loss of freedom
- Sleep disturbance/deprivation
- Access to lethal means

Protective Factors

- Access to mental health care
- Problem-solving/coping skills
- Feeling connected to family and community support
- Cultures that encourage help-seeking, discourage suicidal behavior, and create a strong sense of purpose, belonging, and self-esteem

In Crisis?

Call Summit Pointe's 24/7 Crisis Helpline
1-800-632-5449

Visit First Step 24/7 Psychiatric Urgent Care
175 College St. in Battle Creek

About Us

The SPCCC is a partnership of dedicated community members, including health professionals, educators, law enforcement, faith leaders, veteran services, mental health advocates, and many other caring and compassionate members of our community, including those impacted by suicide.

Get Involved

Follow us on Social Media:
[facebook.com/SuicidePreventionCoalitionCC](https://www.facebook.com/SuicidePreventionCoalitionCC)

Register for Trainings & Events:
[spccc.eventbrite.com](https://www.spccc.eventbrite.com)

Contact our Suicide Prevention Facilitator:
Scott Teichmer at 269-441-5907
steichmer@summitpointe.org



**SUICIDE
PREVENTION
COALITION
OF CALHOUN COUNTY**

Safety Planning

We may all face a crisis at some point in our lives. Writing a Safety Plan is an important way to prepare for a potential future crisis. Include these steps in your plan:

1. Warning Signs / Triggers

The thoughts, images, moods, situations, and behaviors signaling potential crisis

2. Internal Coping Skills

Things to take my mind off my problems without help from others (relaxation techniques, physical activities, etc.)

3. People & Places

People and social settings that can provide distraction and/or relaxation

4. Family/Friends for Help

Names and contact info of people whom I can ask for help during a crisis

5. Professional Supports

First Step Psychiatric Urgent Care, Helpline: 1-800-632-5449, Therapists, and other Phone/Text Crisis Lines

6. Making the Environment Safe

Limiting or removing any potential lethal means (firearms, medications, etc.)



**QUESTION.
PERSUADE.
REFER.**

QPR

**3 SIMPLE STEPS
ANYONE CAN LEARN
TO SAVE A LIFE**



Register and learn more: spccc.eventbrite.com

QPR Gatekeeper Training

This 60 minute training is FREE for all Calhoun County residents.

Just as CPR prepares you for stepping in to assist in a cardiac crisis, QPR will teach you the skills and knowledge to intervene to prevent suicide.

**Virtual QPR Training: 12 pm - 1 pm
3rd Thursday of each month**

What you will learn in QPR:

- The warning signs of suicide
- Suicide myths and facts
- How to help someone in crisis

Sign up today, and once you've taken QPR, share your knowledge with others, help plant the seeds of **HOPE**, and when you notice warning signs that someone might be thinking of suicide, use your skills to **TAKE ACTION**.