

# Health and Welfare Alert



## Suicide Awareness & Prevention #65-5-22

People with developmental disabilities can be at a higher risk for suicide because of different risk factors, including co-occurring mental health diagnoses. Knowing the warning signs for suicide and how to get help can save lives.

### Signs and Symptoms

These behaviors may be signs that someone is thinking about suicide:

- Talking about wanting to die or kill themselves.
- Talking about feeling empty, hopeless, or having no reason to live.
- Making a plan or looking for a way to kill themselves, such as searching for lethal methods online, stockpiling pills, or buying a gun.
- Talking about a feeling of great guilt or shame.
- Feeling trapped or a feeling that there are no solutions.
- Feeling unbearable pain (emotional pain or physical pain).
- Talking about being a burden to others.
- Using alcohol or drugs more often.
- Acting anxious or agitated.
- Withdrawing from family and friends.
- Changing eating or sleeping habits.
- Showing rage or talking about seeking revenge.
- Taking great risks that could lead to death, such as driving extremely fast.
- Thinking or talking about death often.

### Mental Wellness with Dr. Gentle Tips for Suicide Prevention



Learn more from the Ohio Department of Mental Health and Addiction Services (OMHAS) with the Suicide Prevention Toolkit that includes videos, data, training, and more.

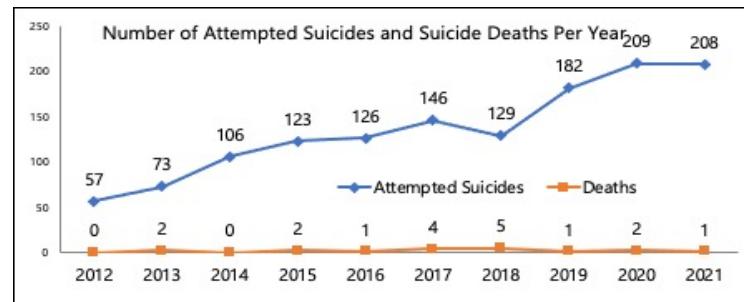
You can also:

- Visit [mha.ohio.gov/families-children-and-adults/suicide-prevention](https://mha.ohio.gov/families-children-and-adults/suicide-prevention) or [crisistextline.org](https://crisistextline.org)
- Text "4HOPE" to 741-741
- Call 1-800 273-TALK (8255)

### Fast Facts

Since 2012, there has been an increase of Ohioans with developmental disabilities served by DODD who have attempted suicide.

An astounding 208 people attempted suicide in 2021.





## **Check-in, Make a Difference**

People with disabilities, families, direct support professionals, supervisors, co-workers, and everyone else in Ohio's support system can benefit from some additional connections right now. During this difficult time, everyone needs a little extra support. Checking in with someone and making a difference is as easy as 1, 2, 3.

### **1. Contact**

- A single contact can make all the difference. If you suspect someone you care for is going through a rough time, reaching out is the first step to providing the help they may need. You can be the one who initiates the connection that could potentially save a life.

### **2. Questions**

- All it takes is asking two simple questions to make someone feel connected and cared for: Question 1 - "How are you? You don't seem like yourself, and I want to know how you're really feeling because I care about you." Question 2 - "Do you need to talk? Sometimes talking can help make things feel a little bit better."

### **3. Resources to Share**

- Coping with stress in a healthy way will make you, the people you care about, and your community stronger.



### **Metro Health's Dr. Brittany Myers Talks Disability Suicide Prevention**



### **COVID-19 Mental Health Resources**

DODD compiled resources with [links](#) to information about coping, talking with children about the pandemic, self-care, and more.

### **Risk Factors**

A person with disabilities may also have other factors that make them more likely to commit suicide, including their disability status, mental health diagnosis, a history of trauma, recent stressful life events, chronic pain, or impulsive actions and agitation.

### **Get Help**

Connect to [Get Help](#) immediately when needed. Resources include the Crisis Text Line, Suicide Prevention Lifeline, and other services that can help someone struggling to cope with their current situation.

DODD encourages all system partners to check in with each other, with the families in their networks, and with the people they are supporting. Stay updated with new information and useful tools using the [Mental Wellness](#) resource featuring Dr. Julie Gentile.