

## SUICIDE WARNING SIGNS

These signs may mean someone is at risk for suicide:

- Talking about wanting to die or to kill oneself.
- Looking for a way to kill oneself, such as searching online or buying a gun.
- Talking about feeling hopeless or having no reason to live.
- Talking about feeling trapped or in unbearable pain.
- Talking about being a burden to others.
- Increasing the use of alcohol or drugs.
- Acting anxious or agitated; behaving recklessly.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss or change.

## CONTACT US



@LockandTalkVirginia



For additional resources, visit [lockandtalk.org](http://lockandtalk.org)

Hampton-Newport News Community Services Board  
Prevention Services  
[www.hnnscbprevention.org](http://www.hnnscbprevention.org)  
Main: 757-788-0300  
Crisis: 757-788-0011

If you or someone you know is experiencing a mental health crisis, call National Suicide Prevention Lifeline:  
1-800-273-8255 • Crisis Textline: 741-741

Lock and Talk Virginia is governed by Region 1 Community Services Boards and supported by the Virginia Department of Behavioral Health and Developmental Services.

For more information,  
visit [lockandtalk.org](http://lockandtalk.org)



## SUICIDE PREVENTION

PROMOTING WELLNESS



If you're concerned that someone you care about may be having thoughts of suicide, there are steps you can take to help keep them safe.

[www.lockandtalk.org](http://www.lockandtalk.org)

## WHO IS LOCK AND TALK?

Lock and Talk is part of a statewide comprehensive approach to suicide prevention.

### IT IS INTENDED TO:

- Prevent suicides by limiting access to firearms, medications and other potentially dangerous items during a mental health crisis.
- Educate the community about how to recognize and respond to warning signs of suicide.



### TO OUR COMMUNITIES, WE PROVIDE:

- Low or no cost suicide awareness and prevention trainings
- Safety devices including locking medication boxes and gun locks
- Support material for gun retailers and ranges
- Lethal means safety guidelines
  - Educational brochures
  - Informational posters
- Consulting services to schools, workplaces, and organizations to support creating comprehensive suicide prevention policies

## WHAT DO WE MEAN?

**LOCK:** Means safety is the most effective method of preventing suicides from occurring. It is about limiting access to lethal means for a person during a time of crisis.

We promote safe and responsible care of guns, medications, and other means that can harm. Reduce easy access by locking or removing potentially dangerous items including the following:

- Firearms or other weapons – Lock them securely using a gun safe or trigger or cable lock.
- Lock and monitor all medications due to the potential for abuse and overdose.
- Alcohol can increase the risk for a person with thoughts of suicide to act on them. Alcohol impairs judgement and can increase the lethality of a medication overdose.
- Reduce access to other household items or locations that may pose a threat.

**TALK:** Talking about the problem of suicide can save lives, reduce stigma and encourage help-seeking behaviors. Talking also helps the healing process for survivors.

Connecting individuals to safety resources and teaching people in our community how to have these life promoting conversations is vital to our mission.

## TRAININGS AVAILABLE

The following programs are available across Virginia to help citizens learn to recognize and respond to mental health crises.

### ADULT MENTAL HEALTH FIRST AID:

An eight-hour training that teaches how to offer initial help to people with the signs and symptoms of a mental illness or in a crisis and connect them with the appropriate professional, peer, social or self-help care.

### YOUTH MENTAL HEALTH FIRST AID:

This training is tailored to the ways that signs and symptoms may present themselves in young people, ages 12-18.

### APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST):

A two-day, practice-dominated course, designed to help caregivers recognize risks for suicide, intervene to prevent immediate harm and link persons at risk to the next level of care.

### safeTALK:

A three-and-a-half-hour suicide alertness skills training open to all community members 16 and older. The course will use audiovisuals, presentation, and practice to help anyone be more alert to signs of suicide risk and become the catalyst to care, linking a person with thoughts of suicide to someone able to work through an intervention.

### Understanding Adverse Childhood Experiences and Building Self-Healing Communities (ACE Interface):

This training varies by Community Services Board and ranges from a thirty minute overview to a six-hour comprehensive workshop that explains the effects that adverse childhood experiences can have on brain development. Participants learn what they can do to help prevent and/or support change at home and in the community.

**If someone you know is in a crisis, ask:**  
*“Are you thinking suicide?”*

**Then, show you care by saying,**  
*“I care about you.”*