

# SUICIDE AWARENESS AND PREVENTION

Every  
**40**  
seconds,  
someone dies by **suicide**



Hope   
Help  
**HEALING**

## RISK FACTORS & WARNING SIGNS

- Feeling hopeless, trapped, or lonely
- Belief that no one cares, or they are a burden to others
- Negative view of self, shame, feeling worthless
- Terminal illness, chronic unbearable pain
- Excessive use of alcohol or drugs
- History of mental illness such as depression or bipolar
- Lack of emotional or social support
- Access to lethal means, weapons, medications
- Making funeral arrangements, giving things away
- Previous suicide attempt or self-harm behaviors
- Making threats of suicide, talking about death
- History of risky or impulsive behavior
- Significant losses related to finances, relationships, employment, or status, which are common problem gambling impacts

SUICIDE & CRISIS  
**LIFELINE**

## Gambling Problem?

Disordered gambling has the highest suicide rate among all addictions. Statistics show that 1 in 5 compulsive gamblers will attempt suicide. Help, hope, and free resources are available! Call or text the 888-ADMIT-IT Problem Gambling HelpLine.

**888**  
**988**

### IF YOU OR SOMEONE YOU KNOW IS IN CRISIS:

**Call or text the 988 Suicide & Crisis Lifeline at 988 or chat at 988lifeline.org. The Lifeline provides free and confidential support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States.**

# Five Steps That Can Help Someone Thinking about Suicide



## ASK

"Are you thinking about killing yourself?"



## BE THERE

Listen without judgment and acknowledge their feelings.



## HELP KEEP THEM SAFE

Reduce their access to lethal items or places.



## HELP THEM CONNECT

Call or text the 988 Suicide & Crisis Lifeline (988).



## FOLLOW UP

Stay in touch to see how they're doing.

People thinking about suicide often struggle with heavy thoughts. In their moment of emotional pain, it's hard for them to imagine a light at the end of the tunnel. If you, or someone you know is having any of the thoughts below, you are not alone:

- There is no hope anymore
- I am a failure, useless, worthless
- No one needs me, no one cares about me
- There's no point in living anymore
- I have let other people down, I'm a disappointment
- I am a burden, my death will be the best thing
- I will never find a way out of my situation
- My pain is unbearable, dying will end my suffering
- I have lost everything, there's nothing left
- Things will never get better for me

SUICIDE & CRISIS  
LIFELINE

988

When the individual is suffering from gambling addiction, the root cause of the suicidal ideation is a crisis of its own which requires urgent attention. People who reach out for help, seek treatment, or social support, later reflect on such thoughts and report being grateful they did not end their life. If you or someone you know is having such thoughts, call 988 or reach out to a mental health care provider for counseling. The way you feel today is not the way you will always feel. If problem gambling is a factor, help, hope, and free resources are just a call or text away.

GAMBLING PROBLEM?

888-ADMIT-IT