YOU CAN HELP PREVENT SUICIDE

CAN WE TALK?

Sadly, suicide is a national health issue. And right here in Genesee County, an average of more than 50 people die by suicide each year. However, there is something we all can do to help prevent suicide.

- Learn about the warning signs
- Speak up if you are concerned about someone
- Reach out to people you know
- Become aware of the resources available

You are not alone, we are here to help.

810.257.3740

Text **FLINT** to **741741**

LET'S TALK ABOUT **SUICIDE**

Speak Up. Reach Out.

GHS Genesee HEALTH SYSTEM

What to do when someone is at risk

If you are concerned someone is thinking about suicide, assume you are the only one who will reach out. Here's how to talk to someone who may be struggling with their mental health.

Have an honest conversation

- Talk to them in private
- Listen to their story
- Tell them you care about them
- Ask directly if they are thinking about suicide
- Encourage them to seek treatment or contact their doctor or therapist
- Avoid debating the value of life, minimizing their problems or giving advice

If a person says they are considering suicide

- Take the person seriously
- Stay with them
- Help them remove lethal means
- Call the GHS 24 hour Crisis and Virtual Behavioral Health Urgent Care Line: **(810) 257-3740**
- Call the National Suicide Prevention Lifeline: **1-800-273- TALK (8255)**
- **Text FLINT to 741741** to text with a trained crisis counselor from the Crisis Text Line for free, 24/7
- Escort them to mental health services or an emergency room

People sometimes need a little extra assistance. Genesee Health System has trained, professional staff available to assist individuals and families during a mental health, substance abuse, or family crisis. Call 24 hours a day, 7 days a week.

GHS Genesee **HEALTH SYSTEM**

Get more info: www.**LetsTalkGenesee**.com