

# Vermonters Are With You

## Suicide is Preventable

**Suicide is rare and preventable.** It does, however, touch the lives of many Vermonters every year. In fact, while suicide is a major issue nationally over the past ten years, Vermont's suicide rate is higher than the national average.

Ongoing stress and not knowing what's about to happen for long stretches of time can lead to mental health concerns, such as depression and anxiety. With the Coronavirus outbreak, we are staying home to stay safe, which can add to feelings of hopelessness and isolation.

### You can help – yourself or others – by getting help

There is rarely a single cause of suicide. For many people it is the result of many stressors, including financial, health and/or relationship issues.

Many people who die by suicide show one or more warning signs, often through what they say or do. These are some warning signs.

**What is talked about:** The person talks about feeling hopeless or trapped, feeling like a burden, having no reason to live.

**What their behavior shows:** The person's behavior changes, or their use of alcohol and/or other drugs increases (or they start using alcohol and/or other drugs). They may begin searching for suicide methods, withdrawing from people or activities, sleeping too much or too little, and they may behave aggressively.

**How is their mood:** Is the person depressed or anxious? Have they lost interest in doing things they normally enjoy? Are they irritable, humiliated, ashamed or agitated?

Visit the Department of Mental Health's [website](#) for information on how to respond to someone who shows such warning signs. Don't be afraid to ask the person if they are thinking about suicide. If they say yes, offer the help numbers below. If you can, remove medications and poisons from their surroundings, and if they have a firearm in the home, ask if you can keep it until they feel better. Tell them you care. Make sure they have the numbers below to call for help and ask if they would like you to stay with them while they call.

**Suicide is Preventable. You can help, by getting help.**

**You  
Are  
Not  
Alone**

Available 24/7 – If you need help, text VT to 741741

The National Suicide Prevention Lifeline  
is available 24/7 at 800-273-8255

Dial 2-1-1 to find mental health services in your area

Vermont Peer Support Line – open 3 PM-6 AM  
Call or text 833-888-2557