

# Prevention

Suicide is a worldwide public health problem. Prevention programs have been developed by many Federal and private organizations to provide:

- Awareness and education.
- Early detection programs.
- Assistance to families.
- Intervention programs.
- Access to mental health and substance abuse treatment programs.
- Research to develop a better understanding of suicide.

## To Prevent a Suicide:

- Know the warning signs.
- Talk openly with the person.
- Show care and concern.
- Take the person seriously.
- Get professional help.
- In an emergency, call an ambulance and law enforcement to transport the person to a hospital.

## Elevated Suicide Threat

Depression	Low to moderate threat
Depression + recent trigger event	Serious
Depression + recent trigger event + presence of weapon	Dangerous
Depression + recent trigger event + presence of weapon + alcohol	Extreme