



How Can You Help Someone Who is Hurting, or Maybe Suicidal?

ASK directly if someone wants to kill him or herself. Asking will not give them the idea.

PAY ATTENTION and listen carefully. Do not try to cheer the person up at this point or offer quick solutions.

ACCEPT what the person is saying without judgement. Saying, "Oh, you shouldn't feel this way!" will not help. Saying "I can tell you are really upset" can help.

ACT CALM even if you feel anxious. If you act shocked or agitated, your friend/family member may feel ashamed and uncomfortable and refuse to talk further about it.

ASSURE your friend/family member that sometimes everyone feels hurt or depressed, even hopeless, that you understand, and that he or she is not alone.

SEEK HELP as soon as possible. Do not try to cope with this on your own. Professional help is available 24 hours a day.

WORKING TOGETHER TO SAVE LIVES

How can I help?

Join the Coalition

If you would like to join the Clermont County Suicide Prevention Coalition, call (513) 732-5400 for more information.

Educate

We are always interested in finding volunteers to help us educate the community on suicide prevention. If you are interested in getting involved in our speaker's bureau, please contact us at (513) 732-5400.

Donate

Donations would greatly assist the Coalition in our work. Checks can be made payable to the Clermont County Suicide Prevention Coalition. Checks should be mailed to: 2337 Clermont Center Drive, Batavia, Ohio 45103.



If you or someone you know is thinking about suicide, please call:

**CLERMONT COUNTY
CRISIS HOTLINE
(513) 528-SAVE (7283)**

VISION

The vision of the Clermont County Suicide Prevention Coalition is threefold:

- 1) Increase community awareness of the prevalence of suicide, prevention strategies, and available resources.
- 2) Improve access to intervention and treatment services.
- 3) Remove the stigma attached to suicide and mental health disorders.

WHO ARE WE?

The Coalition is made up of individuals representing a variety of community interests, including county schools, law enforcement, general healthcare, local government officials, businesses, social service agencies, faith-based entities, survivors of suicide, prevention specialists and mental health and substance use disorder treatment specialists.



A CALL TO ACTION

Suicide is a serious public health issue.

Suicide is the tenth leading cause of death in the United States; the second leading cause among 10- to 34-year-olds; and the number one cause of death for Ohioans aged 10-14. Every year, more than 1,800 Ohioans die by suicide. Clermont County has the second highest suicide rate in Southwest Ohio.

Suicide is preventable. Suicide impacts many; including not only the individuals but their family, friends, and the community as a whole. Anyone can become suicidal given the right conditions and circumstances. Our task is to help others understand and recognize suicidal behavior and take action to prevent suicides. Most suicidal people desperately want to live — they are just unable to see alternative solutions to their problems.

WHERE CAN I GET HELP?

CLERMONT CRISIS HOTLINE
(513) 528-SAVE (7283)

NATIONAL LIFELINE
1-800-273-TALK

CRISIS TEXT LINE
text 4hope to 741741

CHILD FOCUS, INC.
(513) 752-1555 *for children/ families

**GREATER CINCINNATI
BEHAVIORAL HEALTH SERVICES**
(513) 947-7000

MORE INFORMATION?

afsp.org

ohiospf.org

ccmhrb.com

IF YOU OR SOMEONE YOU KNOW IS HURTING...

Please call the Crisis Hotline for yourself or a loved one at **513-528-SAVE (7283)**. A calm, non-judgmental counselor will listen, care and help. Remember you do not have to face this alone!