

CONSIDER

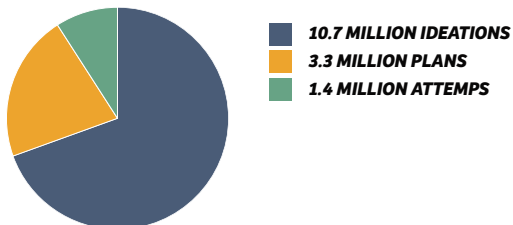
CONTACT



leading cause of death overall in the U.S.



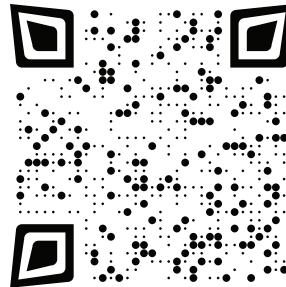
OF ALL PEOPLE WHO ATTEMPT SUICIDE, TELL SOMEONE ABOUT THEIR INTENTION.



Information Provided By The CDC (2018)

A Better Way Services, Inc.

Available 24/7



SCAN ME

- ☎ Muncie: 765.747.9107
- ☎ Richmond: 765.966.0538
- ☎ Crisis Support: 765.288.4357
- ☎ 988 Suicide & Crisis Lifeline
- @ abetterwaymuncie.org



In partnership with the 988 Suicide & Crisis Lifeline and the Division of Mental Health and Addiction and accredited by The International Council for Helplines.

Our Supporters



SUICIDE & CRISIS PREVENTION



OUR MISSION

To reduce domestic abuse, sexual assault, suicide and homelessness through service, shelter, crisis intervention and prevention initiatives.

DEFINED

What is **SUICIDE?**

death caused by injuring oneself with the intent to die.

What is suicidal **IDEATION?**

thinking about or planning suicide. There are two types of suicidal ideation:

Passive Suicidal Ideation

occurs when you wish you were dead or that you could die, but you don't actually have any plans to commit suicide.

Active Suicidal Ideation

not only thinking about suicide, but having the intent to commit suicide, including planning how to do it.

What is suicidal **BEHAVIOR?**

behavior that is self-directed, non-fatal, and deliberately results in injury or the potential for injury, and for which there is evidence of suicidal intent.

SIGNS

The Warning Signs

The warning signs of suicide are indicators that a person may be in acute danger and may urgently need help.



Does the person...

- Talk about wanting to die or to kill oneself?
- Look for a way to kill oneself?
- Talk about feeling hopeless or having no purpose?
- Talk about feeling trapped or being in unbearable pain?
- Talk about being a burden to others?
- Increase use of alcohol or drugs?
- Act anxious, agitated, or reckless?
- Sleep too little or too much?
- Withdraw or feel isolated?
- Show rage or talk about seeking revenge?
- Display extreme mood swings?

5 ACTION STEPS FOR HELPING SOMEONE IN EMOTIONAL PAIN

ASK

"Are you thinking about suicide?"

KEEP THEM SAFE

Reduce access to lethal items or places.

BE THERE

Listen and acknowledge their feelings

HELP THEM CONNECT

Text or Call 988

STAY CONNECTED

Follow-up and stay in touch!

GET HELP

What can ABW do **FOR YOU?**



988 SUICIDE & CRISIS LIFELINE

In cooperation with the 988 Suicide & Crisis Lifeline, A Better Way provides regional hotline support for persons feeling suicidal or in any type of crisis in Indiana.

CALL OR TEXT 24/7

SUICIDE PREVENTION CHAT/TEXT

A Better Way is part of a national back-up service provided by the 988 Suicide & Crisis Lifeline for anyone in crisis or experiencing thoughts of suicide.

CHAT: 988lifeline.org/chat

CRISIS SUPPORT

Our staff are ready to take your call and provide you with immediate, confidential support. We will listen, offer encouragement, and believe you.

24-HOUR CRISIS LINE: 765-288-HELP



FIND COUNSELING RESOURCES, SUPPORT GROUPS, AND OTHER FREE OR REDUCED COST PROGRAMS.