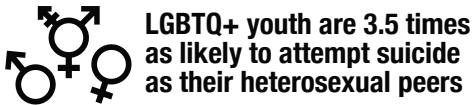


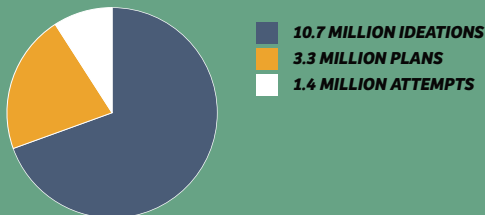
Consider This!



leading cause of death overall in the U.S.



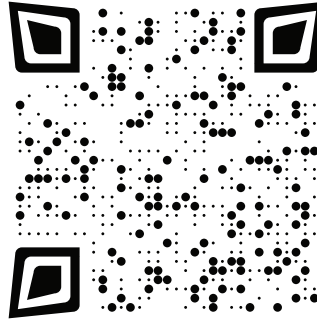
OF ALL PEOPLE WHO ATTEMPT SUICIDE, TELL SOMEONE ABOUT THEIR INTENTION.



Information Provided By The CDC (2018)

Contact

Available 24/7



SCAN ME

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



SUICIDE & CRISIS PREVENTION



Our Supporters



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 complete suicide.

Active Suicidal Ideation

not only thinking about suicide, but having the intent to complete 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.



The Signs

Does the person...

- Talk about wanting to die or to harm oneself?
- Talk about feeling hopeless or having no purpose?
- Talk about feeling trapped or being in 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?

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 988!

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.