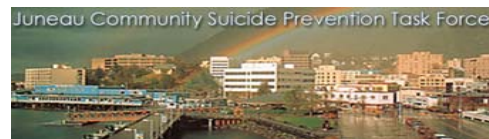




## *Juneau Community Suicide Prevention Task Force*

*An active coalition of mental health care providers, educators, elected officials, clergy, law enforcement and criminal justice agencies, residents, community groups, and others working together to maintain community-wide suicide awareness in Juneau. The Task Force is an all-volunteer group. Membership, involvement, and participation is open to all residents, community groups, or others with a concern about suicide in Juneau*



This publication is funded with a grant from the State of Alaska Department of Health and Social Services , Division of Behavioral Health, awarded to the Juneau School District

Juneau Community Suicide Prevention Task Force recommends

Get help by calling 911  
Bartlett Hospital Emergency Room 796-8427  
[www.juneausuicideprevention.org/](http://www.juneausuicideprevention.org/)  
Careline 1-887-26-4357

## ▶ **Suicide Prevention Among Elders**



***Careline 1-877-266-4357***



## The Problem

Reliable statistics on suicide are not easy to compile. But we know that suicide is an important health issue. Nationally, the risk of suicide rises with age, and older Americans are disproportionately likely to die from suicide. According to the National Institute of Mental Health, individuals ages 65 and older made up 13% of the population, but accounted for 18% of suicide deaths in 2000.

Elders tend to be a self-isolating group. Elders can experience problems that can lead to feelings of depression and hopelessness.

They can experience depression because their social life is not as rich as they once experienced; they may have experienced a significant loss (such as the death of a spouse, close friend or job); their health may not be as robust; a medication may cause a mood change; the loss of social support when a close friend or family member relocates or they must relocate, and may incur financial struggles because of a fixed income.

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## What can you do?

- **Take action.** Remove means such as stocked piled pills
- **Be willing to listen.** Allow and accept expressions of feelings.
- **Get involved.** Become available. Show interest and seek support.
- **Be direct.** Talk openly and matter-of-factly about suicide.
- **Do not act shocked or judgmental.**
- **Offer hope that alternatives are available but do not offer glib reassurance.**

## Get Help

- Call 911
- Bartlett Hospital Emergency Room 796-8427
- <http://www.juneausuicideprevention.org/>
- Careline 1-877-266-4357
- National Suicide Prevention Lifeline 1-800-273-8255

## What are some Risk Factors?

- Having a disabling and/or chronic illness and/or severe pain
- Experiencing a serious personal loss
- Severe depression or other serious mental illness
- Using/abusing alcohol, drugs, or other substances
- A prior suicide attempt
- Family history of suicide
- History of abuse, abusiveness, or family violence

