

CONFRONT THE STIGMA

Depression is Treatable. Suicide is Preventable.



Warning Signs of Suicide | Preventing a Suicide

Self-Evaluation | Prevention Resources

Too many Montana families and communities have been touched by the tragedy of suicide. For generations, Montana's suicide rate has been among the highest in the nation. In order to confront this crisis, we must all do our part.

As a husband, father, Montanan, and your Governor, I'm hoping you will join me to confront the stigma of mental illness and engaging in a conversation about what we can do to help our fellow Montanans and ourselves. As one of the largest employers in the state, I'm asking all state employees to become educated about warning signs and ways to help.

This pamphlet is a starting point. It gives you a list of suicide warning signs and examples of what you can do and say when someone is in crisis. It also contains a self-evaluation and a list of resources for getting help.

I hope you find this information helpful. You may help save someone's life.



Steve Bullock
Governor



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WARNING SIGNS

IN OVER

70%

of completed suicides, the person gave warning signs

IDEATION

Expressing thoughts of killing one's self. Seeking access to firearms, pills, or other means; and/or talking or writing about death, dying, or suicide when these actions are out of the ordinary.

SUBSTANCE ABUSE

Increasing alcohol or drug use.

PURPOSELESSNESS

No reason for living; no sense of purpose in life; starting to give personal possessions away; deterioration in personal hygiene.

ANXIETY

Anxious, agitated, inability to sleep or sleeping all the time, difficulty concentrating.

TRAPPED

Feeling trapped (there's no way out and things will never get better).

HOPELESSNESS

Feeling like the emotional pain will never end; no future orientation.

WITHDRAWAL

Withdrawing from friends, isolating from family and society.

ANGER

Rage, uncontrolled anger, seeking revenge, irritable.

RECKLESSNESS

Acting reckless or engaging in high-risk activities; impulsive behavior (especially in younger people).

MOOD CHANGE

Dramatic mood changes, flat affect, depressed mood, acting out of character.

MONTANA'S
RATE OF
SUICIDE IS
NEARLY DOUBLE
THE NATIONAL
AVERAGE

PREVENTION

1 DIRECT APPROACH

If you can't ask, find someone who can.

"You know, when people are as upset as you seem to be, they sometimes wish they were dead. Are you feeling that way, too?"

"You look pretty miserable. I wonder if you're thinking about suicide?"

"Are you thinking about killing yourself?"

2 OFFER HOPE

Listen to the problem and give them your full attention. Do not rush to judgment. Offer hope in any form.

THEN ASK

"I don't want you to kill yourself; I want to help."

"I'm worried about you and even if you don't want to talk, I'm going to get others involved, because I don't want you to hurt yourself."

"I'm not going to leave you alone. I don't want you to kill yourself. I'm here for you."

3 TAKE THEM TO HELP

Suicidal people often believe they cannot be helped, so you may have to do more.

The best referral involves taking the person directly to someone who can help (emergency room, police, mental health center, primary care or call the Montana Suicide Prevention Lifeline).

Get a commitment from them to accept help, then make the arrangements to get that help.

Remove or lock up firearms or pills.

WHAT **NOT** TO SAY

"You wouldn't do anything stupid, would you?"

"Suicide is a dumb idea. You're not thinking about suicide?"

"Don't feel that way. That's not a good reason to die."

TALKING WITH A SUICIDAL PERSON

- ❏ If in doubt, don't wait. Ask the question, "Are you suicidal?" You can do no harm by asking the question.
- ❏ Be persistent. Many times the person will deny being suicidal at first even if they behave otherwise.
- ❏ Talk to the person in a private setting.
- ❏ Allow the person to talk freely.
- ❏ Give yourself plenty of time.
- ❏ Have your resources handy; phone numbers, counselor's name, and any other information that might help.

SELF-EVALUATION

1. Circle the number that best describes how often you felt or behaved during the past several days. 2. Answer all questions. 3. Add all circled numbers to find your score.

	A little of the time	Some of the time	Good part of the time	Most of the time
I feel down-hearted and blue	1	2	3	4
Morning is when I feel the best	4	3	2	1
I have crying spells or feel like it	1	2	3	4
I have trouble sleeping at night	1	2	3	4
I eat as much as I used to	4	3	2	1
I still enjoy sex	4	3	2	1
I notice that I am losing weight	1	2	3	4
I have trouble with constipation	1	2	3	4
My heart beats faster than usual	1	2	3	4
I get tired for no reason	1	2	3	4
My mind is as clear as it used to be	4	3	2	1
I find it easy to do the things I used to	4	3	2	1
I am restless and can't keep still	1	2	3	4
I feel hopeful about the future	4	3	2	1
I am more irritable than usual	1	2	3	4
I find it easy to make decisions	4	3	2	1
I feel that I am useful and needed	4	3	2	1
My life is pretty full	4	3	2	1
I feel that others would be better off if I were dead	1	2	3	4
I still enjoy the things I used to do	4	3	2	1
ADD ALL CIRCLED NUMBERS				

There are 20 items on the scale that rate the four common characteristics of depression. The scores range from 25-100. 50-59 Mildly Depressed. 60-69 Moderately Depressed. 70 and above Severely Depressed.

Depression is highly treatable. If you scored 50 or higher, information about resources is available to you on the following pages.

Zung WW. (1965). A self-rating depression scale. Archives of General Psychiatry 12: 63-70.

EMPLOYEE RESOURCES

24-HOUR TOLL-FREE CRISIS LINE

866-750-0512



406-444-1345 • eap@mt.gov

KAREN WOOD,

Employee Assistance Program Manager
406-444-2466 • kwood@mt.gov

THE EMPLOYEE ASSISTANCE PROGRAM

The EAP helps you privately solve problems that may interfere with your work, family, and life in general. EAP services are FREE to state employees, dependants, and all household members. These confidential services are provided by experts.

CONFIDENTIAL COUNSELING

24-hour Crisis Help. A toll-free line for you or a family member who may be in crisis. Staffed with licensed professionals, ready to help. **866-750-0512**

Up to four face-to-face counseling sessions are available for each new issue. Simply call for access to qualified, local counselors who can help you with a variety of problems such as family, parenting, relationship, stress, anxiety, and other challenges.

Convenient access to online consultations with licensed counselors. Online consultations are a great way to try counseling for the first time or to get support even when time is limited.

LIFE-BALANCE RESOURCES

- Childcare Services
- Adult and Eldercare Services
- Legal Services
- Financial Services
- Mediation Services
- Will Kit
- Home-Ownership Program
- Identity-Theft Services

View your EAP benefits at MYRBH.com (access code: Montana)

MENTAL HEALTH RESOURCES

MENTAL HEALTH OMBUDSMAN

DENNIS NYLAND,

Montana's Mental Health Ombudsman
888-444-9669
govmhombudsman@mt.gov

WHAT IS A MENTAL HEALTH OMBUDSMAN?

The MHO represents the interests of individuals with regard to the need for public mental health services.

WHAT DOES THE MENTAL HEALTH OMBUDSMAN DO?

- Answers questions about mental health services
- Gives information about services available in the public mental health system
- Gives resources available for individuals transitioning between services
- Discusses ways to help you resolve a problem

WHO CAN CONTACT THE OMBUDSMAN?

Any individual with mental illness, a family member, or friend.

For resources and more information, visit www.mhombudsman.mt.gov

SUICIDE PREVENTION COORDINATOR

KARL ROSSTON, LCSW

406-444-3349
krosston@mt.gov

Certified master trainer for suicide awareness and prevention and the state's suicide prevention coordinator for Montana DPHHS.

For downloadable material for physicians, schools, senior-living communities, jails, American Indian communities, survivors, and media, **visit www.dphhs.mt.gov/amdd/suicide**

Note: Alternative accessible formats of this report will be provided upon request. Persons who need an alternative format should contact the State Human Resources Division, Department of Administration, 125 N. Roberts St., PO Box 200127, Helena, MT 59620-0127. Telephone 406-444-3871. Those using a TTY may call through the Montana Relay Service at 711.

OTHER CONTACTS

MONTANA SUICIDE PREVENTION LIFELINE

1-800-273-TALK (8255)

or text "mt" to 741-741 for the crisis text line

State of Montana Employee Assistance Program
406-444-1345 • eap@mt.gov

Montana Warm Line, a non-crisis phone line staffed by volunteers
1-877-688-3377

Advocacy Associations, Montana Mental Health Association
1-877-927-6642 • www.montanamentalhealth.org

NAMI of Montana (National Alliance on Mental Illness)
406-443-7871 • www.namimt.org

Addictive and Mental Disorders Division, Mental Health Services Bureau
1-888-866-0328 • www.dphhs.mt.gov/amdd

REGIONAL RESOURCES

BOZEMAN, SOUTH CENTRAL AND SOUTH

The Help Center
406-586-3333

MISSOULA AND SOUTH WEST MONTANA

District XI Human Resource Council
406-728-3710

GREAT FALLS, NORTH CENTRAL AND NORTH EAST MONTANA

Voices of Hope
406-268-1330

BILLINGS

Helpline Mental Health Center
406-252-5658

The Community Crisis Center
406-259-8800
704 N 30th Street

BUTTE

Morris Hayes House
406-723-7104
24 E Copper Street

HELENA

Center for Mental Health
406-443-5353

Shodair Children's Hospital
800-447-6614