



STATE OF MICHIGAN

DEPARTMENT OF HEALTH AND HUMAN SERVICES  
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GOVERNOR

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## **Resources available to raise awareness about suicide prevention**

**LANSING, Mich.** – The Michigan Department of Health and Human Services (MDHHS) urges Michigan residents to know the warning signs and resources available to prevent suicide. In 2017, suicide was the second leading cause of death in Michigan for ages 15-34.

“Learning the warning signs of suicide can help raise awareness about suicide prevention and provide loved ones with the proper help,” said Robert Gordon, MDHHS director. “Talking with family, friends and neighbors about this important topic is essential as we try to get help to those who need it.”

Warning signs for those at risk of suicide include:

- Feelings of hopelessness.
- Threatening to or talking about wanting to hurt oneself.
- Loss of interest in activities.
- Withdrawal from friends and family.
- Change in eating and sleeping habits.
- Talking about being a burden to others.
- Increasing the use of alcohol or drugs.
- Displaying extreme mood swings.
- Looking for a way to kill oneself.

The recently updated [MDHHS Suicide Prevention website](#) has a variety of resources and information for individuals who are having thoughts of suicide or know a loved one who is in crisis. These resources include a communications toolkit, a county map of coalitions and crisis lines, fact sheets, trainings and information about the Suicide Prevention Lifeline.

If you are in a crisis, or know someone who needs help, contact the National Suicide Prevention Lifeline at 800-273-TALK (8255). If you are interested in getting involved in suicide prevention, visit [Michigan.gov/suicideprevention](http://Michigan.gov/suicideprevention) to find out more about local suicide prevention coalitions across the state.

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