










Suicide Intervention

Do you know what to do?

-  1. Stay Calm
-  2. Listen. Do not preach.
-  3. Assess the situation.
-  4. What is the risk? Previous attempts? Mental illness?
-  5. Do they have... Problem solving skills? Impulse control?
-  6. Ask about any self-harm plans, “Do you feel life is worth living?”
-  7. If “No”, go to the ER. If unsure, call the hotline. If “Yes”, call a mental health professional.

The Family and Youth Institute. (2020, September 23) theyfi.org/suicideintervention-infographic

SJVC Suicide Prevention & Awareness Collaboration



Other Helpful Resources

- **National Institute of Mental Health**
nimh.nih.gov
- **Centers for Disease Control and Prevention**
cdc.gov/mentalhealth
- **Substance Abuse and Mental Health Services Administration**
mentalhealth.gov



Assessment, Treatment, and Resources for Clergy and Consecrated Men and Women Religious Worldwide

151 Woodbine Road
Downingtown, PA 19335

T 1.888.993.8885
F 1.610.873.8028

Visit us online
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“When the heart is pure and simple it cannot help loving, because it has discovered the source of love which is God.”

— St. John Vianney

What is the SJVC Suicide Prevention and Awareness Collaboration?

The Saint John Vianney Center Suicide Prevention and Awareness Collaboration works to end the stigma and improve community understanding surrounding mental illness and suicide prevention through outreach, education, and advocacy.



Programs offered at SJVC

- Residential Treatment and Wellness Services
- Outpatient Assessment and Counseling
- Consultation Services
- Education and Wellness Programs.

Risk Factors & Warning Signs for Suicide

Risk Factors

- Family history of suicide
- Chronic pain
- Trauma
- Previous Suicide attempt
- Substance abuse
- Barriers to Mental Health treatment (Financial, stigma, etc.)
- Loss

Warning Signs

- Talking about suicide, pain, or being a burden
- Preoccupation with death
- Behavior changes (sleeping too much or too little, withdrawal, giving away possessions)
- Anxiety/Depression

Risk factors and warning signs. American Foundation for Suicide Prevention. (2023, July 10). afsp.org

“Having faith does not mean having no difficulties, but having the strength to face them, knowing we are not alone.”

— Pope Francis