Feeling Angry, Sad or Hopeless?
getting help, finding hope

What challenges do people face as they get older?
As people get older, they often experience losses and stresses which have a major impact on how they feel and function day to day. Some examples include the death of a spouse, family member or friend; loss of a home or income due to retirement; illness, including chronic/severe pain; or increased stress due to the demands of caring for someone else. Untreated depression (not a normal part of aging) is another factor.

Should I be worried if I or someone I know is having suicidal thoughts?
Yes. Depending on the severity of the circumstances, and if a person is isolated and doesn’t know where to get help, he or she may start thinking that “life isn’t worth living.” Suicidal thoughts are an indicator that someone needs help.

What can be done to prevent a crisis?
If you or someone you know is experiencing stress, loss or depression, remember - you are not alone! You do not have to struggle with these issues by yourself. Getting help now can prevent more serious problems or crises.

To get help, call: 1-800-273-TALK (1-800-273-8255)
(Calls answered 24/7)

Here are some steps to take:

- Consider talking to someone you trust.
- Seek a doctor’s help for pain, physical illness, or for answers to questions about your medicines (either prescribed or over-the-counter) and possible side effects. If you do not have a doctor, contact your local hospital for help in finding one.
- Connect with others. Family, friends and neighbors can often provide support if you tell them how you are feeling. Join a support group sponsored by a church, hospital, mental health center, senior center, or other organization.
- Rediscover your gifts and strengths. You have a lifetime of gifts, strengths and interests to offer. Renew those interests or take up a new hobby. Your local senior center offers meals, education and wellness programs, as well as opportunities to socialize and make new friends.
- Share your gifts by volunteering to help others. Call NH ServiceLink at 1-866-634-9412 to discuss volunteer opportunities in your region.
- Take care of your health. Exercise and eat a healthy diet. Limit alcohol use, which can aggravate existing health conditions, contribute to accidents and cause dangerous side effects when taken with medicine.
Suicide and Aging
Preventing Suicide Among Older Adults

A person considering suicide may show one or more of the following warning signs.

**WARNING SIGNS:**

- Talking about wanting to die
- Looking for a way to kill oneself
- Talking about feeling hopeless or having no purpose
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden
- Increasing the use of alcohol or drugs
- Acting anxious, agitated or reckless
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings.

**ACTIONS YOU CAN TAKE IF YOU ARE WORRIED SOMEONE MAY BE SUICIDAL:**

- Do not leave the person alone.
- Remove any firearms, alcohol, drugs or sharp objects that could be used in a suicide attempt.
- Call the Suicide Prevention Lifeline at **1-800-273-TALK (8255).**
- Take the person to an emergency room or seek help from a medical or mental health professional.

**HELPFUL RESOURCES:**

Call **911 (police, fire, ambulance)** when a person’s life or well-being is threatened, property is endangered or an illegal activity is in progress.

**Suicide Prevention Lifeline** - 1-800-273-TALK (1-800-273-8255).
Available 24 hours per day, 7 days per week
to anyone in emotional distress or crisis.

**Community Mental Health Centers**
Located throughout NH, these centers provide counseling, 24-hour emergency services, medication and other services. For a listing, call 211 or go to
The Bureau of Behavioral Health website at [www.dhhs.state.nh.us/dcbcs/bbh](http://www.dhhs.state.nh.us/dcbcs/bbh).