



Suicide Prevention

Suicide is not a movement towards death; it is a movement away from intolerable pain caused by an illness, like bipolar disorder, that can be diagnosed and treated.

-  **Know the warning signs.** Intense feelings of sadness, hopelessness, shame, guilt, anxiety, or anger; difficulty sleeping; and/or a combination of depressive thoughts and the high energy of mania (mixed state) could lead to suicidal feelings.
-  **Realize your risk factors.** Suicidal thoughts and actions are more likely to occur immediately after discharge from the hospital and during periods of combined mania and depression symptoms.
-  **Never stop taking your medication abruptly.** If you feel like it is time for a change in medication, formulate a plan with your doctor to decrease your risk of relapse, side effects, and suicidal thoughts.
-  **Remove potentially dangerous objects.** If you are experiencing suicidal ideation, remove or restrict access to firearms, quantities of medications, and other items that could be used to self-harm.
-  **Avoid isolation.** Confide in a trusted friend or family member about your suicidal thoughts and enlist their help in seeking treatment and staying safe.
-  **Partner with professionals.** Your doctor can put together a treatment plan to address, alleviate, and prevent further suicidal thoughts.
-  **Call for help.** Add the number of a crisis hotline to your phone's contacts to make it easier to reach out during suicidal episodes, and visit your local emergency department if you feel you may harm yourself.

For more on this topic, visit the Knowledge Center at www.isbd.org.