

IS THIS YOU OR SOMEONE YOU KNOW??

- Do you have trouble sleeping or eating?
- Have you lost interest in daily activities?
- Have you withdrawn from friends or activities?
- Do you ever feel like your old self?
- Are you struggling with physical problems?
- Do you often feel bored or lonely?
- Have you had a recent loss?
- Have you given away prized possessions?
- Do you experience feelings of hopelessness?
- Do you feel like you have little control over your life?
- Do you have frequent thoughts of death?
- Do you ever feel like life is not worth living?



There is Hope:

- **Suicide Prevention 316-660-7500**
(24 Hr. number)
- **Prairie View 1-800-362-0180**
(24 hr. number)
- **COMCARE 316-660-7540**
- **Department on Aging 316-383-7298**
- **Mental Health Assn. of South Central Kansas 316-685-1821– ext. 235 or ext. 252**
- **Self Help Network of Kansas Support Group Information**
1-800-445-0166 or 316-978-3843

INTERNET SITES OF INTEREST

Administration on Aging (AOA)

www.aoa.dhhs.gov

Seniornet

www.seniornet.org

Alzheimer's Association

www.alz.org

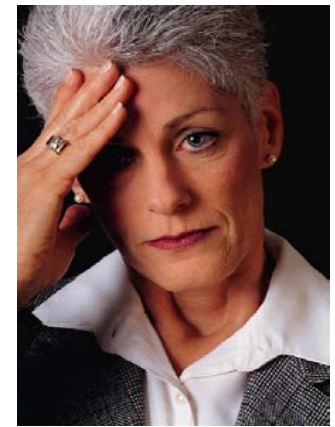
National Mental Health Association

www.nmha.org



Funded by Central Plains Area Agency on Aging/
Sedgwick County Department on Aging

SUICIDE AND OLDER ADULTS



Brochure created and
published by

THE SEDGWICK COUNTY
AGING AND MENTAL
WELLNESS COALITION

TRUE OR FALSE?

Isolation and hearing loss can cause paranoid thinking.

TRUE: Paranoid thinking can develop under these difficult circumstances, when words and sounds may be misinterpreted.

People who talk about suicide rarely do it.

FALSE: 8 out of individuals spoke about their intent before the suicide.

Asking someone if they are contemplating suicide increases the risk of suicide.

FALSE: Asking direct questions about suicidal intent does NOT encourage suicide. The risk is NOT asking questions to identify suicide potential

Poor nutrition can cause mental health problems.

TRUE: Poor nutrition can cause apathy, confusion, and depression which in turn leads to poorer nutritional habits creating a vicious cycle.

FOR GOOD MENTAL HEALTH:

Use your mind and stay active.

Get regular physical checkups.

Set goals for yourself and work towards them.

Exercise regularly, eat nutritiously, get adequate sleep.

Learn to recognize the signs and symptoms of depression—**IT IS TREATABLE.**

Avoid isolating yourself-it's a breeding ground for depression.

Develop and maintain good relationships with others for support.



DID YOU KNOW?

There is one elderly suicide every one hour and twenty-three minutes.

While older adults make up only 13% of the population, they account for 25% of all suicides.

81% of older adults who commit suicides are males.

20% have seen a physician within 24 hours of committing suicide.

Over the age of 65, there is 1 suicide for every 4 attempts.

Older adults are less likely to call a crisis line than are their younger counterparts.