Suicide Prevention in Minnesota

Suicide is Preventable - Everyone Plays a Role in Suicide Prevention

Warning Signs
You can help prevent suicide by knowing the 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 to others
- 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

What to do?
If you or someone you know is in danger call 911.

If you are worried someone is at risk for suicide:
1. Ask them if they are thinking about killing themselves (this will not put the idea in their head or make it more likely that they will attempt suicide)
2. Stay with the person (do not leave them alone)
3. Remove any firearms, alcohol, drugs or sharp objects that could be used in a suicide attempt
4. Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255)
5. Take the person to an emergency room or seek help from a medical or mental health professional.

For more information, contact:
Melissa Heinen
Suicide Prevention Coordinator
Minnesota Department of Health
Melissa.Heinen@state.mn.us
651-201-5640