

# Warning Signs

- ◆ Threatening to hurt or kill oneself
- ◆ Looking for ways to kill oneself
- ◆ Talking or writing about death, dying, or suicide
- ◆ Feeling hopeless
- ◆ Feeling rage or uncontrolled anger or seeking revenge
- ◆ Acting reckless or engaging in risky activities - seemingly without thinking
- ◆ Feeling trapped
- ◆ Increasing alcohol or drug use
- ◆ Withdrawing from friends, family, and society
- ◆ Feeling anxious, agitated, or unable to sleep, or sleeping all the time
- ◆ Experiencing dramatic mood changes
- ◆ Seeing no reason for living, or having no sense of purpose in life

## IS PATH WARM?

**I** – Ideation  
**S** – Substance Abuse  
  
**P** – Purposelessness  
**A** – Anxiety/Agitation  
**T** – Trapped  
**H** – Hopelessness  
  
**W** – Withdrawal  
**A** – Anger  
**R** – Recklessness  
**M** – Mood Change

Source: American Association of Suicidology, 2008

# Facts About Suicide

- ◆ Nevada has the 5<sup>th</sup> highest rate of suicide in the United States, nearly double the national rate.
- ◆ Suicide is the 11<sup>th</sup> leading cause of death in the United States, but is the 6<sup>th</sup> leading cause of death for Nevadans.
- ◆ Suicide is the 3<sup>rd</sup> leading cause of death for Nevadans ages 15-34.
- ◆ For every teen that dies by suicide, it is estimated that 100-200 teens have attempted. One of the biggest risk factors for completed suicide is a previous attempt.
- ◆ More people die from suicide than homicide in the US.
- ◆ Each suicide leaves at least six to eight bereaved family and friends.
- ◆ Surviving family members not only suffer the grief and trauma of losing a loved one to suicide, but also are themselves at higher risk for suicide and emotional problems.
- ◆ Discussing suicide does not cause someone to die by suicide.

**Office of Suicide Prevention  
Nevada Department of  
Health and Human Services**

**Las Vegas (702) 486-8225**

**Reno (775) 443-7843**



## *Nevada Coalition for Suicide Prevention*

*In Partnership with the*

## *The Nevada Office of Suicide Prevention*

**WALK IN MEMORY**  
♥  
**WALK FOR HOPE**

### **Reno Community Walk**

**Date:** Saturday, September 11, 2010

**Time:** 8:00 a.m. Registration  
8:45 a.m. Opening Ceremony  
8:00-11:00 a.m. Resource and  
Information Exhibit

**Location:** Idlewild Park  
(East end by pond)  
Reno, NV 89503

# Highlights



- ◆ Resource and Information Exhibit
- ◆ Activities, arts/crafts, fire engine and support for children
- ◆ 3 Mile Community Walk to raise awareness and funds for suicide prevention efforts
- ◆ Memorial for those lost by suicide before Walk

If you or someone you know  
is in crisis, please call the  
National Suicide Prevention Lifeline  
**1-800-273-TALK (8255)**

# Registration

Register day of Walk or....

Mail registration form to:

**Office of Suicide Prevention**  
445 Apple Street, Ste. 104  
Reno, NV 89502  
Fax: 775-688-1952

## Questions:

Please contact Misty Allen in the  
Office of Suicide Prevention  
775-443-7843



Let us remember  
those who have died,  
and work to protect  
those who remain.

# Reno Walkers

*Please complete for each walk participant.*

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Suggested Donation: \$20 per person**  
(includes 1 t-shirt)

Individual (\$20 per person)

Team (\$15/person for 3 or more)

*Teams walking in memory of loved ones may  
enter their team name below to be specially  
recognized during the ceremony.*

Participating without donation

Sorry, I can't participate; here is a  
donation of: \_\_\_\_\_

## ALL WALKERS WELCOME!

All Donations Gratefully Accepted  
NCSP is a 501(c)(3) non-profit organization  
All donations are tax deductible:  
EIN # 57-1237431

**How did you hear about the Walk?**

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