Warning Signs

- Threatening to hurt or kill oneself
- Looking for ways to kill oneself
- Talking or writing about death, dying, or suicide
- Feeling hope-less
- 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 5th highest rate of suicide in the United States, nearly double the national rate.
- Suicide is the 11th leading cause of death in the United States, but is the 6th leading cause of death for Nevadans.
- Suicide is the 3rd 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?

_____