

## SE PA Crisis Services (24/7)

### ***Bucks County***

Lenape Valley Fdn 800-499-7455

### ***Chester County***

Valley Creek Crisis Ctr 877-918-2100

### ***Delaware County***

CCMC Crisis Ctr 610-447-7600

Crisis Connections 855-889-7827

### ***Montgomery County***

MCES 610-279-6100

### ***Philadelphia County***

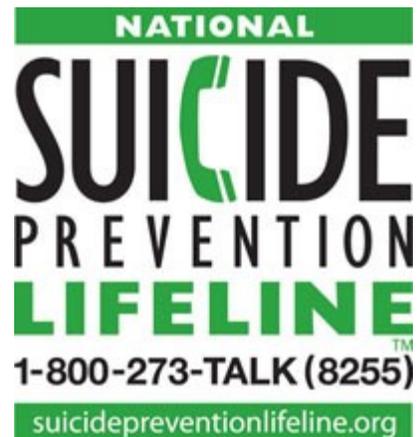
Northeast 215-831-2600

Northwest 215-951-8300

North 215-707-2577

Center City/South 215-829-5249

West/Southwest 215-748-8525



For Veteran's Crisis Line Press [1]

## Protective Factors

Buffers that can deter suicidal thoughts:

- Having reasons for living
- Strong social connections and supports
- Hope for one's financial future
- Feeling of personal control
- Sense of self-worth and self-esteem
- Use of available financial resources

## High Risk Persons

- Men having repeated downward job loss over a short timeframe
- Men feeling financial shame, seeing financial struggles as personal failures
- Elders/others with poor prospects of recovering financial wellbeing
- Men losing connection to dependents as the result of economic loss

Others at risk are women who are main household wage earners; developmentally disabled persons dependent on employment for social as well as financial support.

***This information is educational and not to take the place of advice and help from qualified behavioral healthcare sources.***



## Financial Stress and Suicide

***Risk Associated with Employment Loss, Economic Insecurity, Financial Exploitation***

**Montgomery County  
Emergency Service  
50 Beech Drive  
Norristown, PA 19403  
610-279-6100  
www.mces.org  
@MCES1**

## Background

Financial stress comes from economic hardships such as being unemployed, in debt, or financially victimized. It can produce financial shame, hopelessness, and anxiety or panic. Diminished self-worth and feeling defeated or inadequate may produce thoughts of suicide. These may worsen with the growing inability to support oneself and dependents.

## How a Suicide Happens

A suicide attempt may occur when a strong intent to die and the ability for lethal self-harm come together.

An intense desire to die may result from a person's *belief* that he or she is a burden to those close to them or they would be better off without him or her.

An ability for lethal self-harm may arise from mentally practicing a suicide plan, access to guns,, and pain or trauma.

## Possible Triggers

- Layoffs, furloughs, terminations
- Financial loss/insecurity/debt
- Inability to regain self-sufficiency
- Foreclosure, pending eviction
- Problem gambling
- Interpersonal “money problems “

## Some Warning Signs

- Feeling trapped, losing control
- Alcohol/medication misuse
- Withdrawal from family/friends
- Anxiety/agitation/sleep problems
- Mood changes, growing pessimism
- Onset of self-neglect
- All or nothing, black/white thinking

## Some Danger Signs

- Talking about final arrangements
- Giving away pets, favored items
- Sleep disturbances, nightmares
- Acquiring gun/hoarding medications

## Dealing with Warning Signs

- Clearly and directly ask about suicidal intent (e.g., Are you thinking of taking your life?)
- Call one of the numbers on the back panel of this brochure ASAP
- Stay with person or get someone else to do so. Maintain contact as much as possible if not with person
- Don't believe that the person will get help on their own or if he/she says that they are alright or feeling better
- Remove guns/other means mentioned ***only if safe to do so***

## When to Get Emergency Help

Someone needs immediate help when:

- Voicing clear thoughts of suicide
- Citing a specific suicide plan giving when and how
- Seeking a means of suicide

Any of these signal imminent dangerousness and the local crisis center or 911 should be called immediately