

Neighbor to Neighbor



Resources for Nebraska farmers, ranchers, and their families. In times of distress, we stand together and help our neighbors.

RISK FACTORS

Risk factors are things that have occurred or exist in someone's life that increase their chances of suicide. Please note, someone who has experienced one or more of these may never think of suicide, but risk increases the more factors that exist.

- >>> Death or other trauma in the family
- >>> Persistent, serious family conflict
- >>> Personal loss - death, divorce, separation
- >>> Traumatic break-ups of romantic relationships
- >>> History of physical or sexual abuse, trauma, violence, or pain
- >>> Job problems, unemployment, or financial loss
- >>> Legal or criminal issues
- >>> School failure or other major disappointments
- >>> Bullying, harassment, or victimization by peers
- >>> Family history of alcoholism
- >>> Chronic illness
- >>> Past suicidal behavior and attempts
- >>> Access to firearms

NEBRASKA STATISTICS¹

In 2020, Nebraska's suicide rate was slightly **higher than the national average**, with 283 deaths.

#2 LEADING CAUSE OF DEATH
FOR 10- TO 34-YEAR OLD NEBRASKANS

NEARLY 80% OF SUICIDE DEATHS
IN 2020 WERE MALE.

A NEBRASKAN IS LOST TO SUICIDE
EVERY 32 HOURS

NEARLY 90% OF PEOPLE WHO DIED
BY SUICIDE IN 2020 HAD AN UNDERLYING AND
POTENTIALLY TREATABLE MENTAL CONDITION.

¹ Nebraska Statewide Suicide Prevention Plan 2022-2025, Nebraska Department of Health and Human Services

KNOW THE SIGNS

The behaviors listed below may be some of the signs that someone is thinking about suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss, or change. **If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.**

TALKING ABOUT:

- >>> Wanting to die
- >>> Great guilt or shame
- >>> Being a burden to others
- >>> Feeling hopeless or trapped
- >>> Having no reason to live
- >>> Unbearable pain

FEELING:

- >>> Empty, hopeless, or trapped
- >>> Extremely sad or loss of interest
- >>> More anxious, agitated, or full of rage
- >>> Unbearable emotional or physical pain
- >>> Relief or sudden improvement

CHANGING BEHAVIORS:

- >>> Making a plan or researching ways to die
- >>> Displaying extreme mood swings
- >>> Eating or sleeping more or less
- >>> Increased use of alcohol or drugs
- >>> Isolating from family and friends
- >>> Visiting or calling people to say goodbye
- >>> Giving away prized possessions
- >>> Taking dangerous risks, such as driving extremely fast

GET HELP NOW

If you are feeling suicidal or if you are concerned about an individual who is suicidal, there is immediate help available. **The 988 Lifeline is for everyone.** Through the 988 Lifeline, you have access to free, quality, one-on-one assistance.

CALL OR TEXT: 988

CHAT AT [988LIFELINE.ORG](https://988lifeline.org)

RURAL RESPONSE HOTLINE: (800) 464-0258