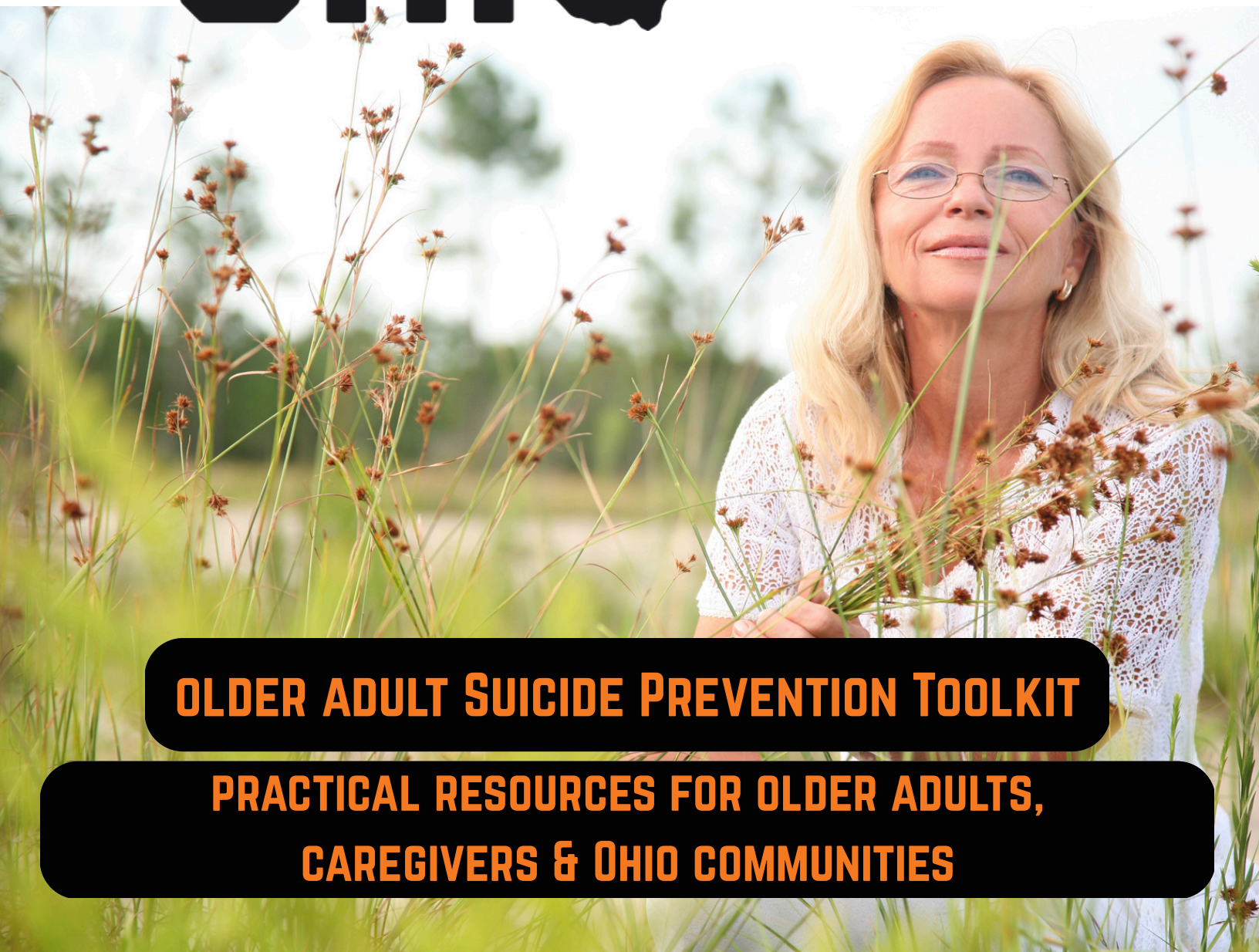
LIFE SIDE 50+ OHIO

OLDER ADULT SUICIDE PREVENTION TOOLKIT

PRACTICAL RESOURCES FOR OLDER ADULTS, CAREGIVERS & OHIO COMMUNITIES

LIFE SIDE OHIO 50+



older adult Suicide Prevention Toolkit

practical resources for older adults, caregivers & Ohio communities

LIFE SIDE OHIO 50+

At Life Side Ohio 50+, it's really simple.

We want you to live your best life, right now and in this moment.

Whether your thinking about what's next in retirement or you're filling your time with grandkids and friends, we want you out there! Go. Do. You.

Older Ohioans and older Americans have higher suicide rates than many other age groups.

These are our family members, neighbors, and friends. Let's do what families, neighbors, and friends do: be supportive, caring, and open and be ready to talk about mental health.

We have a full 50+ toolkit that's ready and free.

As Winston Churchill said, "Success is not final and failure is not fatal. It is the courage to continue that counts."

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PRACTICAL RESOURCES FOR OLDER ADULTS, CAREGIVERS & OHIO COMMUNITIES

LIFE SIDE OHIO 50+

PREVENTING SUICIDE

A GUIDE FOR OLDER OHIOANS, CARETAKERS, AND LOVED ONES

UNDERSTAND THE RISKS

- **Chronic illness**
- **Pain**
- **Mobility issues**
- **Loneliness**
- **Depression**

You Are Not Alone:

- 988 Suicide & Crisis Lifeline – call/text anytime
- Life Side Ohio – lifesideohio.org
- Ohio Suicide Prevention Foundation – ohiospf.org
- Veterans Crisis Line-Call or Text: 988, select option 1

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SPOT THE WARNING SIGNS

- **Talking about death, hopelessness, or feeling like a burden**
- **Withdrawing from family, friends, or activities**
- **Sudden sadness, irritability, anger, or emotional distress**
- **Giving away possessions or making “final” plans**

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LIFE SIDE 50+ CAN SAVE LIVES

- **L - Listen**
- **I - Identify the Signs**
- **V - Validate Feelings**
- **E -Encourage Help**
- **S -Secure Firearms**

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TAKING CARE OF YOURSELF

Practical ways to stay connected, supported, and engaged

STAY CONNECTED TO WHAT MATTERS

Simple connections can strengthen emotional health.

- Reach out to a friend or family member
- Join a club, group, or activity
- Revisit hobbies
- Attend community or faith events

PAY ATTENTION TO HOW YOU'RE FEELING

- Feeling overwhelmed?
- Sleeping more or less?
- Losing interest in activities?
- Withdrawing from others or from activities?

These might be signs you need extra support.

TALK WITH YOUR HEALTH PROVIDERS

Seek support if you experience:

- Persistent sadness
- Worry that feels hard to manage
- Grief that feels overwhelming
- Thoughts of giving up

KEEP YOUR MIND & BODY ACTIVE

Small steps improve mood and resilience.

- Stretch or walk
- Join group exercise
- Try creative activities
- Learn something new
- Enjoy music or reading

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BY YOUR SIDE.
UNITED FOR LIFE.

More Ohioans 65 and older died by suicide than any other age group in 2024

Ohio Department of Health

8 in 10

older adult suicides in Ohio involve a firearm.

Ohio Department of Health, 2021

Having conversations about safety in a community-based setting resulted in more people **securing their firearms**.

Forefront Suicide Prevention

www.LifeSideOhio.org

Lethal Means Safety

We believe suicide prevention is everyone's responsibility. Therefore, we listen to hunters, collectors, enthusiasts, firearms instructors, men and women with training, and gun retailers to gain insight and experiences. By working together we can guide Life Side Ohio to reach more gun owners and save lives.

Our Mission

To educate Ohioans on the importance of suicide prevention with the help of gun owners with various backgrounds across the state with one common goal: to save lives.

Reasons for Safe Storage

1. Allows timefor themomentof intense suicidal crisis to pass.
2. Allows time for someone to intervene with potentially lifesaving support and resources.
3. Securely protects children and adults by preventing unintentional shootings and gun suicides.

Life Side Ohio is hosted by
The Ohio Suicide Prevention Foundation

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