

# AGRABILITY OF UTAH: A FRIEND IN NEED SERIES

## Suicide: Understanding can save lives

### The Facts

- 15% of depressed people will commit suicide
- Even though women experience depression twice as much as men do, the rate of men who commit suicide is three times that of women
- On average farmer's commit suicide at twice the rate of the general population. During economic hardship the suicide rate increases to four times



*If you or someone you know is experiencing any of these symptoms please contact one of our professional staff.*

*All information is kept strictly confidential*

*We're here to support Utah's farmers and ranchers and their families*

### Some Warning Signs

- 1) Depression
- 2) Talking of dying
- 3) Increased need for sleep or insomnia
- 4) A loss in concentration at work
- 5) Loss of appetite, or sudden weight loss
- 6) Low self-esteem, feelings of worthlessness or guilt. Contempt and alienation may also be a part of this, and they may suddenly seem to not like anyone
- 7) Lacks goals, indifference to present actions, and inability to see future goals
- 8) Making arrangements for someone to take care of their animals or possessions, or giving away possessions, particularly those which are important to them
- 9) Loss of control. This may include harming others, as well as directing harm towards them. This loss of control may also include outbursts of anger or sadness that happens without warning
- 10) History. This may include the loss of someone they loved. It may also include a lost job, relationship, money, friends or religion