

“Hope begins in the dark, the stubborn hope that if you just show up and try to do the right thing, the dawn will come. You wait and watch and work: You don’t give up.”

*Anne Lamott*



## Preventing suicide in our community



**Montachusett Suicide  
Prevention Task Force**

Providing Hope to Our Community

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(978) 632-3420 • [www.suicidepreventiontaskforce.org](http://www.suicidepreventiontaskforce.org)

242 Green Street, Gardner, MA 01440

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Proud member of

**mcsp**  
Massachusetts Coalition  
for Suicide Prevention



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*Funded by the Department of Public Health Suicide Prevention Program*

Heywood Hospital established the Suicide Prevention Task Force servicing the City of Gardner and surrounding towns including: Ashburnham, Athol, Barre, Erving, Fitchburg, Gardner, Leominster, Lunenburg, Hardwick, Hubbardston, New Braintree, New Salem, Oakham, Orange, Petersham, Philipston, Royalston, Templeton, Warwick, Wendell, Westminster, Winchendon with the assistance from the Massachusetts Department of Public Health's Suicide Prevention Program.

The mission of the Montachusett Suicide Prevention Task Force is to prevent suicide, and to provide education and resources to help those who struggle with depression, survivors of suicide, and those who have lost loved ones to suicide.

The Montachusett Suicide Prevention Task Force is sponsored by Heywood Hospital and the Commonwealth of Massachusetts, Executive Office of Health and Human Services, Department of Public Health's Suicide Prevention Program.

## Meeting Schedule

Meetings are held the first Monday of each month, at Heywood Hospital, in Board Room (adjacent to Gift Shop), from 10:00 - 11:30 am.

## Community Outreach and Events

The Montachusett Suicide Prevention Task Force provides resources to the community including support groups and educational seminars. Learn more about our events and community outreach by visiting [www.suicidepreventiontaskforce.org](http://www.suicidepreventiontaskforce.org).

## Warning Signs of Suicide

*Source: American Foundation for Suicide Prevention*

Suicide can be prevented. While some suicides occur without any outward warning, most people who are suicidal do give warnings. Prevent the suicide of loved ones by learning to recognize the signs of someone at risk, taking those signs seriously and knowing how to respond to them.

### OBSERVABLE SIGNS OF SERIOUS DEPRESSION

- Unrelenting low mood
- Pessimism
- Hopelessness
- Desperation
- Anxiety, psychic pain and inner tension
- Withdrawal
- Sleep problems
- Increased alcohol and/or other drug use
- Recent impulsiveness and taking unnecessary risks
- Threatening suicide or expressing a strong wish to die

### MAKING A PLAN

- Giving away prized possessions
- Sudden or impulsive purchase of a firearm
- Obtaining other means of killing oneself such as poisons or medications
- Unexpected rage or anger

**The emotional crises that usually precede suicide are often recognizable and treatable. Although most depressed people are not suicidal, most suicidal people are depressed. Serious depression can be manifested in obvious sadness, but often it is rather expressed as a loss of pleasure or withdrawal from activities that had been enjoyable. One can help prevent suicide through early recognition and treatment of depression and other psychiatric illnesses.**