

Brochures to Print or Order from the Website

- ABIN-PA Services
- Brain Injury Basics
- Building New Lives
- Changes in Your Loved One
- Children Require Rehabilitation
- Criminal Justice
- Customer Service
- Definitions
- Discharge Planning
- Domestic Violence
- Everybody Knows Somebody
- Families
- Financial Planning
- Healing Strategies
- Law Officers: Info & Strategies
- Medication Record
- Partnering with Professionals
- Planning Your Recovery
- Professionals You May Meet
- Public Benefits
- Rehabilitation
- Seniors
- Sports
- Suicide Prevention
- Telephone Book
- Veterans

Brain Injury Resources

- ABIN-PA InfoLine 800-516-8052
www.abin-pa.org
- Area Agency on Aging (phone book)
- BIAA Help Line 800-444-6443
www.biausa.org
- BIAPA Resource Line 866-635-7097
- Brain Injury Help Line 866-412-4755
(PA DOH free literature, books)
- CHIP 484-477-2948
(Children's Health Insurance Program)
- Disability RightsNetwork
(SpEd,TBI,SS) 800-692-7443
- Elks Nurses (PA) 814-781-7860
(care plan if disabled before 22)
- Head Injury Program 717-772-2762
(1 year of rehab, \$100,000 max)
- Health Law Project 800-274-3258
(help with public benefits)
- Legal Aid (PA) 800-322-7572
- Meals on Wheels www.mealcall.org
- Medicaid Waivers 877-550-4227
(Help at home, COMMCARE)
- Medical Assistance 866-542-3015
(some adults, all disabled children)
- Medicare Coverage 800-633-4227
(24/7 line, A & B in-home services)
- Medicare Denials 800-322-1914
- Social Security 800-772-1213
(survivors, disability, low income)
- Special Ed Consult Line 800-879-2301
- Special Needs Help 800-521-6860
(Medicaid rehab for children)
- Vocational Rehab www.dli.state.pa.us

REDUCING SUICIDE RISK AFTER BRAIN INJURY



ACQUIRED BRAIN INJURY
NETWORK OF PENNSYLVANIA
Office: 1-215-699-2139
Messages: 1-800-516-8052
Fax: 1-215-699-5139
Email: info@abin-pa.org
Website: www.abin-pa.org

Signs of suicide risk are common after brain injury

- Depression or hopelessness
- Breakdown in relationships, feeling unconnected to others
- Legal problems or difficulties at work or with finances
- Isolation from friends, family
- Feelings of being a burden

The risk of death by suicide is higher after brain injury

- Four times higher after a severe traumatic brain injury
- Five times higher by the 15th year after a mild concussion
- Twenty five percent of those who attempt suicide post injury will try again
- Even greater risk with pre-injury substance misuse, mental illness or aggressive personality traits

Some myths of suicide

- Most suicides occur with little or no warning
- Improvement after a suicidal crisis means the risk is over
- Surviving an attempt means there was no intent to die
- Asking someone if they are thinking about suicide will only give them “ideas”

Preventive Measures

- If someone seems upset, ask if they are contemplating suicide. If so get the help they need ASAP
- Keep potential means of suicide like ropes, toxic materials, and knives securely locked away to decrease impulsive suicidal acts
- Remove firearms and ammunition from the home. If removal is not possible, store them separately in break-in proof locked containers with the firearms disassembled
- Monitor medication carefully because many suicide deaths and attempts involve self-poisoning

Warning signs indicating the need for immediate help

- Obsessing about suicide or death through talking, writing or drawing
- Threatening to hurt or kill oneself
- Looking for a weapon, pills, poison, or another way to kill oneself
- Stating a specific plan of how and when suicide will occur
- Giving away valued possessions
- Settling up affairs, making a will, making funeral arrangements

**National Suicide
Prevention Lifeline
1-800-273-8255**

If someone is suicidal

- Say that you are getting help
- Call 9-1-1 for immediate help
- Call National Suicide Prevention Lifeline at 1-800-273-8255 for support and guidance
- Don't leave them alone

Factors which decrease the risk of suicide

- Strong family and social ties
- Good coping skills
- Good problem solving skills
- Ability to seek help when needed
- No use of alcohol or drugs

Rehabilitation restores hope and problem solving

- Assess cognitive deficits
- Assess emotional deficits
- Assess behavioral deficits
- Assess physical changes
- Identify personal goals
- Create a rehabilitation plan
- Maintain a consistent approach
- Re-assess periodically
- Identify, secure, and provide training in assistive technology
- Identify, teach, and monitor compensatory strategies
- Provide family education
- Re-establish daily living skills
- Restore pre-vocational skills
- Arrange volunteer positions
- Arrange supported employment