



*“My neighbor just hasn’t been the same since he lost his wife six months ago. Come to think of it, I can’t remember the last time I’ve seen him smile. Well, I’m sure it’s just a normal part of growing older.”*

Depression in late life is an illness that affects six million people nationwide. This can be brought on by a spontaneous physical or chemical change in the brain or external influences such as a significant loss by death, separation, divorce, moving from one’s home or illness. The fact remains that depression IS NOT a normal consequence of aging. Please see the reverse side for a list of questions that can help you identify if someone you love is contemplating suicide.

**Ask a Question,  
Save a Life**

## **Ask a Question,** *Save a Life*

### **Ask Questions!**

- Do things seem hopeless to you?
- Are you thinking it would be easier to be dead?
- Are you thinking of killing yourself?

Please remember, you cannot make someone suicidal by talking about it. If you get a “yes” answer, don’t panic.

It’s time to ask for help – call now!

#### Local Professional Resources

- Suicide Hotline for Franklin County (614) 221-5445
- Your hospital emergency room
- Your local mental health agency
- 1 (800) SUICIDE (784-2433)
- Your church
- 9-1-1

Franklin County Suicide  
Prevention Coalition



**OhioHealth**