

Warning Signs of Self-Harm and the Importance of Seeking Behavioral Health Services After an Admission Pursuant to an Emergency Certificate Has Ended

- Patient Education Pursuant to Act 737 of the 2024 Regular Legislative Session



- For information and educational documents about the warning signs of self-harm and the importance of seeking behavioral health services after an admission pursuant to an emergency certificate has ended, please visit- <https://ldh.la.gov/page/suicide-prevention>
- In the event you, your family member, or loved one begin to exhibit warning signs of self-harm, it is important to immediately seek ongoing behavioral health services from a healthcare professional, especially after an admission pursuant to an emergency certificate has ended. Encourage the individual to contact a mental health professional as soon as possible. Warning signs of self-harm include, but are not limited to:
 - Threatening to hurt or kill oneself or talking about wanting to hurt or kill oneself;
 - Looking for ways to kill oneself by seeking access to firearms, available pills, or other means;
 - Talking or writing about death, dying, or suicide when these actions are out of the ordinary for the person;
 - Feeling hopeless;
 - Feeling rage or uncontrolled anger or seeking revenge;
 - Acting reckless or engaging in risky activities - seemingly without thinking;
 - Feeling trapped - like there's no way out;
 - Increasing alcohol or drug use;
 - Withdrawing from friends, family, and society;
 - Feeling anxious, agitated, or unable to sleep or sleeping all the time;
 - Experiencing dramatic mood changes; or
 - Seeing no reason for living or having no sense of purpose in life.
- For 24/7 Emergencies please call 911.
- For the Suicide and Crisis Lifeline, please call 988.
- For the Louisiana Region Narcotics assistance, please call 585-366-8873.
- Finally, please be advised that medical privacy laws do not prevent a family member, friend, or other loved one from communicating the patient's condition to a healthcare professional treating the patient.