



Recognizing the Warning Signs

- Abrupt changes in personality
- Giving away possessions
- Use of drugs and/or alcohol
- Change in eating pattern-*significant weight change*
- Change in sleeping pattern-*unable to sleep or sleeping all the time*
- Unwillingness or inability to communicate
- Depression
- Unusual sadness, discouragement and loneliness
- Talk of wanting to die
- Neglect of personal appearance
- Rebelliousness-*reckless behavior*
- Withdrawal from people/activities they love
- Confusion-*inability to concentrate*

FOR MORE INFORMATION

www.peaceguam.org

**24 Hour Crisis Hotline
(671) 647-8833**

**On Guam, Suicide is the FIFTH
Leading cause of death.**



Here's what you can do to help.

ASK

- Express concern by asking what is troubling your friend. Ask further questions to get to the root of the problem.
- Ask if your friend has thought about suicide.
- If your friend has thought about suicide, ask if he/she has a plan and be persistent.

LISTEN

- Be willing to listen. Allow your friend to vent his/her feelings and listen carefully to what he/she has to say.
- Be empathetic. Try to imagine what your friend is going through and accept the feelings he/she expresses.
- Be non-judgmental. Avoid lecturing on the value of life or debating whether suicide is right or wrong. Instead, allow your friend to talk freely about his/her feelings.

ACT

- Take all threats, gestures, and previous attempts seriously.
- Remove any means your friend might use to hurt him/herself (e.g. pills, ropes, extension cords, wire coat hangers).
- Never agree to keep suicidal thoughts or plans a secret.
- Offer hope by letting your friend know that counseling can help.
- Assist your friend in finding professional help, and offer to accompany him/her.
- Stay with your friend until help is available. Never leave a suicidal person alone.
- Support your friend's treatment and progress with encouragement and moral support.

FOCUS ON LIFE

**Suicide Prevention,
Early Intervention and
Treatment Services Directory**

**Garrett Lee Smith Memorial Grant
Awarded by the Substance Abuse and Mental
Health Service Administration (SAMHSA)
Grant Number 1U79SM058391-01**



DMHSA SERVICES

790 Governor Carlos G. Camacho Rd.
Tamuning, Guam 96913
Phone: (671) 647-5325
Fax: (671) 647-0250
Website: www.dmhsa.guam.gov

- **Intake, Emergency Services & Crisis Hotline**

An intake and assessment will be conducted by a clinical staff member to those individuals who feel overwhelmed and need immediate help.

- **Child & Adolescent Services**

Also known as I Famagu'on-ta (Our Children) are provided by a group of dedicated and caring professional working together as a team with a child, youth and family.

- **Prevention and Training**

Prevention is aimed at promoting healthier lifestyles by reducing the demand for alcohol, tobacco and other drug in our community through education, life skills training and community mobilization and empowerment.

Address: J&G Commercial Bldg
Chalan Santo Papa St., Suite 203 & 204 F,
Hagatna, Guam
Phone: (671) 477-9079 thru 9083
Fax: (671) 477-9076

- **National Suicide Prevention Hotlines**

National Suicide Prevention Lifeline
Toll Free: 1-800-273-TALK (8255)

National Hope line Network
Toll Free: 1-800-SUICIDE (784-2433)

COMMUNITY RESOURCES

Emergency 911

- **Isa Psychological Services Center**

- Individual and Group Counseling
- Couple and Family Counseling
- Crisis Intervention
- Consultation
- Outreach Programs

Monday– Friday: 9:00 am–5:00 pm
Phone: (671) 735-2883

- **I Pinangon**

Campus Suicide Prevention Program
College of Liberal Arts & Social Sciences
University of Guam
- Psychological assessment and treatment services provided by licensed Clinical Psychologist and student trainees from the Psychology Program of the University of Guam

Phone: (671) 735-2888/9

Fax: (671) 734-5255

Email: i_pinangon@uguam.uog.edu

Website: www.uogsuicideprevention.org

- **Life Works Guam**

Contact : Marie Halloran
- Prevention/Intervention & Post-vention Services for Children and Families
Phone: (671) 477-3574 | 632-0257 | 483-0257
Fax: (671) 637-0004 | **E-mail:** rainbbows@yahoo.com

- **Sanctuary Inc.**

Youth Services including Outreach Crisis Intervention
24 Hour Crisis Hotline: (671) 475-7100

- **Inafa' Maolek, Inc.**

Peer Mediation & Conflict Resolution
Phone: (671) 475-1977

- **Youth for Youth LIVE, Guam**

Youth helping youth through empowerment & leadership
Phone: (671) 477-8861
MySpace URL: www.myspace.com/yfyguam

PRIVATE COUNSELING PERSONAL/FAMILY

Rosemarie B. Camacho, M.A. In partnership with
Dr. Patricia Taimango, Clinical Psychologist

- Individual, Marriage and Family Therapist
- Specializing in Depression and anxiety, child and adolescent therapy, marital and family conflict, family violence, healthy Body Image,
- Sexual assault and self-esteem

Phone: (671) 649-2080/3

Family Pacific

Lilli Perez Iyechad, PhD, RPT-S

Tom Babauta, MSW, QCSW

- Managing anger and stress
- Coping with anxiety and depression
- Addressing grief and loss
- Relationship problems
- Adjusting to major changes
- Occupational concerns

Phone: (671) 477-5715

Mary K. Fegurgur, PSY.D

- Assessment, evaluation and diagnosis of behavior problems
- Specializing in working with bipolar, schizophrenia and mood disorders.

Phone: (671) 649-5910

Serenity by the Sea

Kathryn Davis-Finch, M.A., IMFT, ATR

- Individual, Marriage & Family Therapist
- Phone:** (671) 477-1389 Leave Message M-F

Marianas Clinic

Ariel Ismael, M.D.

Phone: (671) 646-7972

Bellis, Kirk DO

- Assessment and evaluation of ADHD and mood disorders

Phone: (671) 646-4767