

Lost?

When it seems like there is no hope,

Lonely?

Trapped?

Hopeless?

Alone?

there is help.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
www.samhsa.gov

If you or someone you know is thinking about suicide, call the National Suicide Prevention Lifeline.



TTY: 800-799-4TTY (4889)

www.suicidepreventionlifeline.org

The National Suicide Prevention Lifeline, 1-800-273-TALK (8255), is a network of crisis centers committed to suicide prevention and located in communities across the country. The Lifeline is funded by a grant from the U.S. Department of Health and Human Services' Substance Abuse and Mental Health Services Administration.

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Suicide Warning Signs

Seek help as soon as possible by contacting a mental health professional or by calling the National Suicide Prevention Lifeline at 1-800-273-TALK if you or someone you know exhibits any of the following suicide warning signs:

- 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 or agitated, being unable to sleep, or sleeping all the time
- Experiencing dramatic mood changes
- Seeing no reason for living or having no sense of purpose in life

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“Things seem to be getting worse. I just need help.”

Help is available anytime, anywhere.

The National Suicide Prevention Lifeline is a free and confidential service for those who are seeking help when they feel like there is nowhere to turn. 1-800-273-TALK (8255) can be dialed toll free from anywhere in the United States 24 hours a day, 7 days a week. Trained crisis center staff are available to listen to your needs and offer:

- Crisis counseling.
- Suicide intervention.
- Mental health referral information.

You are not alone. We are here to listen and to help you find your way back to a happier, healthier life.

In the United States, in any given year, there are:

- More than 30,000 completed suicides.
- Hundreds of thousands of suicide attempts.
- Millions more affected and left in the wake of these actions.

Help is available for those who feel hopeless.



Who should call?

- Anyone, but especially those who feel sad, hopeless, or suicidal.
- Family and friends who are concerned about a loved one who may be experiencing these feelings.
- Anyone interested in suicide prevention, treatment, and service referrals.

“I wasn’t sure if my friend was showing all the signs, or even enough of them to be at risk.”

How can you help someone?

If you know someone whom you think may be suicidal, show that you care by:

- Listening to them with sincere concern for their feelings. Do not offer advice, but let them know that they are not alone.
- Sharing your feelings with them. If you feel that they may make a reckless decision, tell them that you are concerned. They need to know that they are important to you and that you care.
- Inquiring if they have had suicidal thoughts or if they have made a suicide plan in a straightforward and caring manner. If you feel you cannot ask the question, find someone who can.
- Call the National Suicide Prevention Lifeline, 1-800-273-TALK (8255).

Please feel free to detach and use these *wallet cards* as a reminder that help is available. You can post one on a message board, keep one in your wallet, or pass one along to someone who might need to know that you care.

Are you or someone you love at risk of suicide?



Get the facts and take appropriate action.

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