**Resources**

**National Suicide Prevention Lifeline**

1-800-273-8255

**Children’s Rights of America Youth Crisis Hotline**

1-800-442-4673

**Covenant House**

1-800-999-9999

**Boys Town National Crisis Hotline**

1-800-448-3000

**Talk to:**

Parents

Friends

Counselors

Coaches

Clergy

**Visit:**

Holy Spirit Crisis

Emergency Room



**Suicide is Preventable**



**“If you are looking for a sign not to kill yourself, this is it.” – Unknown**

**Suicide Warning Signs:**

* Talking about wanting to die or killings oneself.
* Looking for ways to commit suicide.
* Collecting items to commit suicide.
* Talking about feeling hopeless.
* Talking about having no reason to live.
* Talking about being trapped or in unbearable pain.
* Talking about being a burden to others.
* Increased use of drugs or alcohol.
* Acting anxious or agitated.
* Behaving recklessly.
* Sleeping too little or too much.
* Withdrawing or feeling isolated.
* Showing rage or talking about seeking revenge.
* Extreme mood swings.

(adapted from Dept. of Health & Human Services)

**If you’re concerned that someone is thinking about suicide**

**Start the conversation:**

*“I’ve noticed that you’ve been feeling sad lately…”*

*“Sometimes when people feel hopeless, they think about suicide. Are you?”*

*“Are you thinking about ending your life?”*

*“I know you feel like you don’t have any options. Have you always felt that suicide was the only option?”*

*“I am here to help and support you.”*

**Ask:**
*“Do you have any weapons, alcohol or drugs in the house?”*

Remove the items or the person from the location. It’s okay to call 911 for help.

*“Have you talked to a counselor? I know it feels awkward, but we can talk to someone together.”*

**What Not to Say:**

*“You’re not thinking about suicide, right?”*

*“You’re not going to do something stupid, are you?”*

This is too easy to answer with a “no.” Try to start a conversation.

*“Fine! Be selfish! See if I care!”*

This is a dangerous thing to say.

*“Don’t worry, your secret is safe with me.”*

Never promise to keep something a secret. Reassure them that you will help them get help.

(adapted from http://www.suicideispreventable.org/)

