

Suicide Prevention

We can all help prevent suicide by knowing what signs to look for and what resources are available to support someone struggling with their mental health or in emotional distress.

KNOW THE SIGNS

Do you know the signs that someone may be considering suicide?

Here are a few →

If someone tells you they are considering suicide or if you're experiencing suicidal thoughts, it's important to remain connected and reach out to trusted individuals who can listen and offer support; stay in environments where access to firearms, drugs, and sharp objects are not within reach; and call or text community lifelines for immediate help.

KNOW THE RESOURCES

The 988 suicide and crisis lifeline and crisis text line offers immediate and confidential support through call, text, and chat options. Calling 988 can also connect you to additional resources for veterans, Spanish speakers, members of the LGBTQI+ community, and Indigenous communities.

Crisis Text Line

24/7 Crisis Lifeline

Text: 741741

Chat: crisistextline.org

988 Suicide and Crisis Lifeline

24/7 Crisis Lifeline

Call/Text: 988

Chat: 988lifeline.org



Talking about being a burden



Isolating or withdrawing



Increasing substance use



Expressing hopelessness



Sleeping too much or too little



Looking for a way to access lethal means