

## Suicide prevention: How to help

### Know the **FACTS**

- **F**EELINGS you see them showing

Sad, lonely, hopeless, in pain, moody, irritable

- **A**CTIONS you see them taking

Pushing away friends and family, giving away important possessions, using alcohol or drugs, making unsafe decisions, making or researching suicide plans, making art or writing about death

- **C**HANGES in their behavior or personality

Changes in school performance, changes in appearance or hygiene, changes in personality or attitude, just not seeming like themselves

- **T**HREATS of suicide they have made

Saying they're going to kill themselves, saying goodbye

- **S**ITUATIONS they are in that might be stressful or painful

Has the person had a crisis or trigger situation, especially in the last couple of weeks?

### Remember **SAG**

- **S**how you care

"I am worried about you because \_\_\_\_\_; I want to help."

- **A**sk the question

"Are you thinking about suicide?"

- **G**et help

"You are not alone, let me help you find help."

Do not leave him/her alone. Connect with the appropriate resource right away.

### What resources in community can help?

Crisis Line 1-800-273-8255

LGBTQ Crisis Line 1-866-488-7386

1. \_\_\_\_\_

3. \_\_\_\_\_.

2. \_\_\_\_\_

4. \_\_\_\_\_.



**HOLDING** *the* **HOPE**

[www.HoldingTheHope.com](http://www.HoldingTheHope.com)

(360) 687-7954



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### **Phone numbers**

Clark County Mental Health Crisis Line  
(360) 696-9560

National Suicide Prevention Lifeline:  
(800) 273-TALK (8255)  
(Veterans help Line – press 1)

LGBTQ helpline:  
The Trevor Project  
(866) 4 U Trevor or (866) 488-7386

Text Message helpline  
Text START 741741

### **Websites:**

The Trevor Project: [www.thetrevorproject.org](http://www.thetrevorproject.org)  
Suicide Prevention Resource Center: [www.sprc.org](http://www.sprc.org)  
Suicide Prevention Lifeline: [www.suicidepreventionlifeline.com](http://www.suicidepreventionlifeline.com)  
Youth Directory Parent Resources: [www.linkingcowlitzcounty.com](http://www.linkingcowlitzcounty.com)

### **Apps:**

The Jed Foundation - A friend Asks (Android, IOS)  
MY3 (Android, IOS)  
ASK & Prevent Suicide (Android, IOS)  
HELP Prevent Suicide (Android, IOS)  
Stay Alive (Android, IOS)  
Operation Reach Out (IOS)

For a review of these and other helpful suicide prevention Apps visit :  
<http://www.tomsguide.com/us/suicide-prevention-apps,review-2397.html>

**For an immediate crisis call 911**