

# HOW TO GET HELP

## SUICIDE PREVENTION

If you're having thoughts of suicide,  
**YOU ARE NOT ALONE**

- Call **800-273-8255** to reach the National Suicide Prevention Lifeline (press 1 to reach the Veterans Crisis Line)
- Text **HOME** to **741-741** to reach the Crisis Text Line
- Text **838-255** to reach the Veterans Crisis Line
- Call **866-488-7386** or text **START** to **678-678** to reach The Trevor Project for LGBTQIA+ support
- Call **877-565-8860** to reach the Trans Lifeline
- Call **800-852-8336** or text **TEEN** to **839-863** to reach Teen Line

### 6 STEPS TO HELP YOU STAY SAFE WHEN EXPERIENCING SUICIDAL THOUGHTS:



Reach out



Go somewhere safe



Lock up or get rid of weapons



Avoid alcohol and other substances



Try grounding techniques



Do something that helps you relax



**take all signs of suicidal behavior seriously!**



# CALL OR TEXT 988 TO REACH THE 24/7 SUICIDE AND CRISIS LIFELINE



- Get connected with trained counselors who are there to listen, and provide empathy and support

Talk with us.



- Available to non-english speakers

## BE AWARE OF YOUR THOUGHTS YOU MAY FEEL:

- Hopeless, like there is no point in living
- Tearful and overwhelmed by negative thoughts
- Unbearable pain that you can't imagine ending
- Useless, not wanted or not needed by others
- Desperate, as if you have no other choice
- Everyone would be better off without you
- Cut off from your body or physically numb
- Fascinated by death.



**Take all signs of suicidal  
behavior seriously!**

