

About Suicide

- Most people experience suicidal feelings at some point in their lives.
- 4 out of 5 suicidal people show warning signs.
- Most suicides are preventable.
- 90% of those who die by suicide suffer from one or more psychiatric disorders.
- Asking about suicide does not increase someone's risk of dying by suicide.
- Most people who attempt suicide do not want to die; they want the pain to stop.

**If you or a loved one is thinking about suicide, call the
NATIONAL SUICIDE PREVENTION LIFELINE:**

800-273-8255

24/7 English/Spanish crisis counselors

Other Resources:

Korean Crisis Line 877-727-4747
(4:30pm - 12:30am daily)

**Survivors of Suicide
Attempts Support Groups** 424-362-2911

**Survivors After Suicide
Counseling and Support Groups** 424-362-2912

Teen Line (6pm to 10pm PST) 800-852-8336
(Off hours covered by the Suicide Prevention Crisis Line)

Trevor Line (LGBTQ Youth) 866-488-7386

Warmline Network Services 855-952-9276
(10am - 6am, 7 days a week)

Social Services Information 211

Crisis Chat didihirsch.org/chat

**CrisisText for deaf and hard-of-hearing available:
text HEARME to 839863**

If suicide is imminent, call 911.

Prevent Suicide

**Know the signs.
Get help.**

Warning Signs

- Threatening suicide
- Talking about death/suicide
- Making a suicide plan
- Depression/irritability
- Giving away possessions
- Feeling hopeless/helpless
- Risky behavior
- Changes in sleep/eating habits
- Increased drug/alcohol use
- Social withdrawal or isolation
- Feelings of failure/shame

What to do

- Express concern
- Listen without criticism
- Take threats seriously
- Ask about suicide plan
- Safely remove lethal means
- Inform family/friends
- Seek professional help
- Call 911 or the Crisis Line



Didi Hirsch's Suicide Prevention Center operates a 24/7 English and Spanish Crisis Line, Crisis Chat/Text services and has support groups for people who have attempted or lost loved ones to suicide.

www.didihirsch.org/spc