MENTAL HEALTH & SUICIDE PREVENTION

People are feeling a lot of stress during the COVID-19 pandemic. Mental health concerns, including thoughts of wanting to hurt or kill yourself, continue to be a challenge during the current public health crisis. The stress of new health risks, lost work, and many other uncertainties may increase chances of having suicidal thoughts.

Helpful Tips:

- Talk with others, particularly those at risk of suicide. *reach out via telephone, social media, and video conferencing (Zoom, FaceTime, etc.)
- Take breaks from watching, reading, or hearing news stories.
  - Take care of your body.
  - Make time to unwind & meditate.
  - Lock up medications & firearms.

Resources:

- National Suicide Prevention Hotline: 1-800-273-8255
  www.suicidepreventionlifeline.org/
- Find safe storage for firearms outside your home:
  http://www.hiprc.org/firearm-storage-wa
- King County Crisis Connection: www.crisisconnections.org/
- King County’s Lock-It-Up:
- Forefront: Safer Homes, Suicide Aware:
- My3 App:
  *App allows anyone to create a network of 3 trusted people when having suicidal thoughts. This prepares anyone to help themselves and reach out to others when having thoughts of suicide.
  http://www.my3app.org/