

# 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/](http://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/](http://www.crisisconnections.org/)

- **King County's Lock-It-Up:**  
[https://bit.ly/KC\\_LockItUp](https://bit.ly/KC_LockItUp)
- **Forefront: Safer Homes, Suicide Aware:**  
<https://bit.ly/3cyvXZR>
- **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/>



HARBORVIEW  
INJURY PREVENTION  
& RESEARCH CENTER

UW Medicine  
HARBORVIEW  
MEDICAL CENTER

W

UNIVERSITY of WASHINGTON