Suicide Prevention Resource Guide

Risk Factors
- Mental health conditions such as depression, anxiety or bipolar disorder
- Drug or alcohol abuse
- Previous suicide attempt
- Stressful live events such as loss of job, death in family, or relationship problems
- Prolonged stress factors such as harassment, bullying, or unemployment
- Access to firearms, drugs or other lethal means
- Family history of suicide
- Chronic health conditions/pain

If you suspect the person is suicidal, follow these steps:
- Take it seriously.
- Talk to the person. Listen and show compassion.
- Ask, “Are you thinking about hurting yourself?”
- If you feel the person is suicidal, do not leave them alone. Remove all possible lethal means from the area (including firearms and medications).
- Refer the person to help: www.SuicidePreventionLifeline.org; www.CrisisClinic.org
- Get help: If they don’t or can’t contact someone, do it for them.

Resources
- Forefront
- The Trevor Project
- National Child Traumatic Stress Network
- The Jed Foundation

Do you need help right now? Call the National Suicide Prevention Lifeline at 1.800.273.TALK.