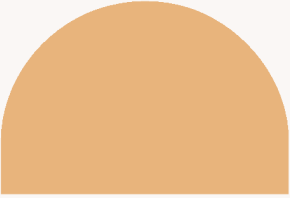


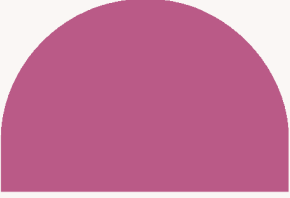


# Guide to Suicide Prevention

## QUICK REFERENCE SHEET

[www.circleoffriendsclub.com](http://www.circleoffriendsclub.com)

<p>TALK</p> 	<p>talk cues</p> <ul style="list-style-type: none"><li>• BEING A BURDEN TO OTHERS</li><li>• EXPERIENCING UNBEARABLE PAIN</li><li>• HAVING NO REASON TO LIVE</li><li>• FEELING TRAPPED</li><li>• KILLING THEMSELVES</li><li>• SERIOUSLY HURT THEMSELVES</li></ul>
<p>MOOD</p> 	<p>mood cues</p> <ul style="list-style-type: none"><li>• DEPRESSION</li><li>• RELIEF OR SUDDEN IMPROVEMENT IN MOOD</li><li>• AGITATION OR ANGER</li><li>• ANXIETY</li><li>• LOSS OF INTEREST</li><li>• HUMILIATION/SHAME</li><li>• IRRITABILITY</li></ul>
<p>BEHAVIOR</p> 	<p>behavior cues</p> <ul style="list-style-type: none"><li>• INCREASED USE OF DRUGS AND ALCOHOL</li><li>• WITHDRAWING FROM ACTIVITIES</li><li>• AGGRESSION</li><li>• ISOLATING FROM FRIENDS &amp; FAMILY</li><li>• VISITING OR CALLING PEOPLE TO SAY GOODBYE</li><li>• ACTING RECKLESSLY</li><li>• LOOKING FOR WAYS TO KILL SELF i.e. SEARCHING ONLINE FOR MATERIALS OR MEANS</li><li>• SLEEPING TOO LITTLE OR TOO MUCH</li><li>• GIVING AWAY PRIZED POSSESSION</li></ul>
<p>MORE INFO</p> 	<p>MOST PEOPLE WHO TAKE THEIR OWN LIFE <b>EXHIBIT ONE OR MORE WARNING SIGNS</b>, EITHER THROUGH WHAT THEY SAY OR WHAT THEY DO. SOMETHING TO LOOK OUT FOR WHEN CONCERNED THAT A PERSON MAY ATTEMPT SUICIDE IS <b>A CHANGE IN BEHAVIOR</b> OR PRESENCE OF ENTIRELY NEW BEHAVIORS. NEW OR CHANGE IN BEHAVIORS <b>IS THE BIGGEST SIGN</b> AND CONCERN ESPECIALLY IF RELATED TO A CHANGE, A LOSS, OR A PAINFUL EVENT</p>

# Guide to Suicide Prevention

## HOTLINE NUMBERS & WEBSITES

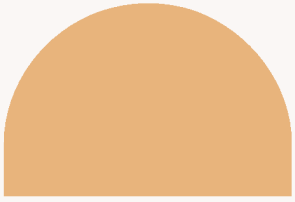
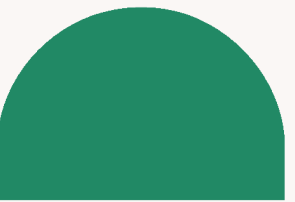
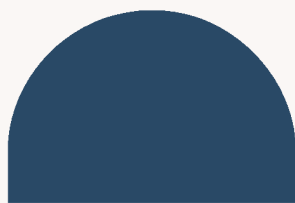
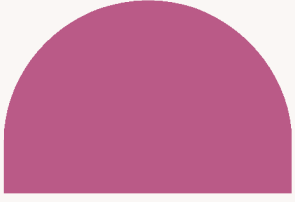
[www.circleoffriendsclub.com](http://www.circleoffriendsclub.com)

<p>988</p> 	<p><b>988</b> SUICIDE &amp; CRISIS LIFELINE</p> <p><a href="https://988lifeline.org">HTTPS://988LIFELINE.ORG</a></p> <p>DIAL: 988</p>	<p><b>988</b></p>
<p>BLACKLINE</p> 	<p><b>BLACKLINE</b> BLACK, BROWN, NATIVE &amp; MUSLIM SUPPORT</p> <p><a href="http://www.callblackline.com">WWW.CALLBLACKLINE.COM</a></p> <p>DIAL: 1-800-604-5841</p>	<p><b>blackline</b></p>
<p>TRANS</p> 	<p><b>TRANS LIFELINE</b> TRANS PEER SUPPORT</p> <p><a href="http://www.translifeline.org">WWW.TRANSLIFELINE.ORG</a></p> <p>DIAL: 877-565-8860</p>	<p><b>trans lifeline</b></p>
<p>TREVOR</p> 	<p><b>TREVOR PROJECT</b> LGBTQ YOUTH SUPPORT</p> <p><a href="http://www.thetrevorproject.org/get-help/">WWW.THETREVORPROJECT.ORG/GET-HELP/</a></p> <p>DIAL: 866-488-7386 OR TEXT: 678678</p>	<p><b>trevor project</b></p>

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## HOTLINE NUMBERS & WEBSITES

[www.circleoffriendsclub.com](http://www.circleoffriendsclub.com)

<p>SAMHSA</p> 	<p><b>SAMHSA</b> <span style="float: right;"><b>samhsa</b></span> SUBSTANCE USE SUPPORT HELPLINE  <a href="http://WWW.SAMHSA.ORG/FIND-TREATMENT">WWW.SAMHSA.ORG/FIND-TREATMENT</a>  DIAL: 1-800-662-4357 OR TEXT ZIP CODE: 435748</p>
<p>NAMI</p> 	<p><b>NAMI HOTLINE</b> <span style="float: right;"><b>nami</b></span> MENTAL HEALTH CHAT SUPPORT  <a href="https://NAMI.ORG/HELP">HTTPS://NAMI.ORG/HELP</a>  DIAL: 1-800-950-6264 OR TEXT: 62640</p>
<p>CRISIS</p> 	<p>CRISIS TEXT LINE (OTHER COUNTRIES) <span style="float: right;"><b>crisis text</b></span> TEXT <b>HOME:</b><ul style="list-style-type: none"><li>• CA: TEXT 686868</li><li>• UK: TEXT 85258</li><li>• IRELAND: 50808</li></ul> <a href="https://WWW.CRISISTEXTLINE.ORG/">HTTPS://WWW.CRISISTEXTLINE.ORG/</a></p>
<p>CRISIS</p> 	<p>CRISIS TEXT LINE (UNITED STATES) <span style="float: right;"><b>crisis text</b> <b>(u.s.only)</b></span> TEXT <b>HOME</b> TO 741741  FROM ANYWHERE IN THE UNITED STATES – 24/7, FREE  <a href="https://WWW.CRISISTEXTLINE.ORG/">HTTPS://WWW.CRISISTEXTLINE.ORG/</a></p>