



# A Suicide Prevention Guide

Each year, thousands of individuals struggle with feelings of despair and isolation that can lead to thoughts of suicide. By being informed, vigilant and compassionate, we can all play a role in preventing suicide. Early intervention, compassionate support and connection to professional resources are key to helping those in crisis.

## HELP IDENTIFY SIGNS

*Understanding the signs is the first step in preventing suicide.*

Recognizing these common signs of distress can help you identify when someone may be struggling:

- **Talking about death or suicide:** This can include direct or indirect statements about wanting to die or feeling like a burden.
- **Making a suicide plan:** This may involve gathering materials or researching methods.
- **Feelings of hopelessness or helplessness:** Expressions of feeling trapped or that nothing will ever get better.
- **Changes in behavior:** Look for shifts in sleep patterns, eating habits or personal routines.
- **Giving away possessions:** Particularly items of personal significance.
- **Social withdrawal:** Isolating from friends, family or usual social activities.
- **Signs of significant depression, irritability or anxiety:** This includes overwhelming feelings of sadness or restlessness.
- **Feelings of failure or shame:** Expressing a belief that they are a failure or a burden.
- **Increased drug or alcohol use:** This may be a way to cope with emotional pain or numbness.

## OFFER SUPPORT

*Your response can make a difference when someone is in crisis.*

If you notice any of the signs, it's important to act. Here's how you can provide immediate support to someone having thoughts of suicide:

1. **Ask About Suicide**  
Choose a private and safe space. Begin the conversation by sharing your concern in a non-judgmental way.
2. **Listen Attentively**  
Listen with empathy and respect. Validate their feelings by acknowledging their pain.
3. **Ensure Their Safety**  
If your loved one expresses suicidal thoughts, make sure they can't access lethal means. Scan the QR code to download the Safety Plan from our resource page and use it as a guide.
4. **Encourage Professional Help**  
Let them know you want to help and connect them with professional support.



## PROVIDE RESOURCES

*Connecting individuals to the right resources is crucial for ongoing support.*

If you or someone you know is struggling, there are many resources available to help:

- **Suicide & Crisis Lifeline** 24/7 support for individuals in crisis or experiencing suicidal thoughts. **Call or text 988** or chat via **988lifeline.org**
- **Teen Line:** Confidential hotline for teens in need of support from peers. Call us at (800) 852-8336 (6-10 p.m. PST), text TEEN to 839863 (6-9 p.m. PST), or email via **TeenLine.org**
- **CalHope Warm Line** Mental health support and resources for California residents during difficult times or crises. Call (833) 317-4673 or chat via **calhope.org**
- **The Trevor Project** Life-saving support and resources for LGBTQ+ youth. Call us at (866) 488-7386, text START to 678678 or chat via **thetrevorproject.org**
- **CopLine** 24-hour support line for law enforcement officers and their families. Call (800) 267-5463 or visit **copline.org**
- **Emergency Services** For immediate medical, fire, or safety assistance, call **911**.

For additional resources,  
scan the QR code:



## ENGAGE IN ONGOING CARE

*Continued support can make a lasting difference.*

Encourage ongoing follow-up with mental health professionals, support groups and trusted friends or family. Be a consistent source of encouragement as they navigate the road to healing.

Whether you or someone you know has thoughts of suicide, has attempted suicide or lost a loved one to suicide, there is help available.

Contact us to access our therapy services or support groups:

**Los Angeles County and other areas in California**  
(424) 362-2911

**Orange County**  
(714) 989-8311

For more information, visit **CrisisCare.org**



# 988

 | SUICIDE & CRISIS  
LIFELINE

For more information about suicide  
prevention, visit

**CrisisCare.org**

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