

1-800-273-TALK

THE NATIONAL SUICIDE PREVENTION LIFELINE

If you are in
crisis

Call

1-800-273-TALK
(1-800-273-8255)

TTY: 1-800-799-4TTY (4889)

The National Suicide Prevention Lifeline is a 24-hour, toll-free suicide prevention service available to anyone in suicidal or mental health crisis. When you call, you will be routed to the closest possible crisis center in your area. With more than 130 crisis centers across the country, including 10 in Florida, the mission of the National Suicide Prevention Lifeline is to provide immediate assistance to anyone seeking mental health services. All calls are free and confidential.

According to the National Suicide Prevention Lifeline, the warning signs of suicide include:

- Threatening to hurt or kill oneself or talking about wanting to hurt or kill oneself
 - Looking for ways to kill oneself by seeking access to firearms, available pills or other means
- Talking or writing about death, dying, or suicide when these actions are out of the ordinary for the person
 - Feeling hopeless, rage, or uncontrolled anger, or seeking revenge
 - Acting reckless or engaging in risky activities – seemingly without thinking
 - Feeling trapped – like there’s no way out
 - Increasing alcohol or drug use.
 - Withdrawing from friends, family, and society
 - Feeling anxious, agitated, or unable to sleep or sleeping all the time
 - Experiencing dramatic mood changes
 - Seeing no reason for living or having no sense of purpose in life.



If you are experiencing these symptoms or feel you might be in danger of hurting yourself please call 1-800-273-TALK to speak with someone who cares and will listen. If needed, crisis center staff can give you information about local community resources or services to help when the call is over. However, you don't need to be in crisis to call. You can also call if you are concerned that someone you know may be in crisis or if you're looking for general information on depression, suicide, community health resources and more.

One of the Lifeline's newest projects is the "Lifeline Gallery: Stories of Hope and Recovery". The Gallery uses avatar products to enable suicide survivors, attempt survivors, and suicide prevention supporters to share their stories of hope and recovery. The compilation of stories illustrates the many ways in which suicide affects others and offers comfort to those who may be suffering alone. You can visit the Lifeline Gallery at www.lifelinegallery.org.

VETERANS — The Department of Veterans Affairs' (VA) Veterans Health Administration has founded a national suicide prevention hotline to ensure veterans in emotional crisis have free 24/7 access to trained counselors. To operate the Veterans Hotline, the VA partnered with the Substance Abuse and Mental Health Services Administration (SAMHSA) and the National Suicide Prevention Lifeline. Veterans can call the Lifeline number, 1-800-273-TALK (8255), and press 1 to be routed to the Veterans Hotline. For more information on any of these services, please visit www.suicidepreventionlifeline.org.