



Suicide Prevention Resource Card

SUPPORT RESOURCES



If you or a person you know needs to talk to someone right now, **call or text**

988, or chat at 988lifeline.org

for 24/7, free and confidential support. Call 911 for threats of harm to oneself or others. *Para acceder al apoyo en español, marque 988 y presione 2.*

Find additional resources at [save.org](https://www.save.org).



KNOW THE WARNING SIGNS

Reach out for help if you notice any of these behaviors:

- Expressing suicidal thoughts like "I wish I were dead"
- Obtaining means for suicide, such as weapons or pills
- Social withdrawal and desire for isolation
- Mood swings, from highs to lows
- Obsession with death or violence
- Feeling trapped or hopeless
- Disrupted routines, including sleeping or eating patterns
- Increased use of alcohol or drugs
- Engaging in risky behaviors
- Giving away belongings or finalizing affairs unexpectedly
- Noticeable personality changes or severe anxiety/agitation

Source: Mayo Clinic

HOW TO HELP



Help is available. Reach out if you're struggling.

Myself:

- Talk to a trusted friend or family member
- Practice healthy coping skills like journaling, taking a walk, talking to a friend, etc.
- Meet with a mental health professional for help
- Ask a friend or family member to remove possible means of harm
- Reach out to 988 or another resource on this card

Someone else:

- Ask explicitly: "Are you thinking about suicide?"
- Listen without judging or interrupting
- Respond with kindness and care
- Offer to call 988 or go to a counselor together
- Remove possible means of harm
- Follow up within 24-48 hours to offer continued support

STAYING SAFE

Complete these prompts and reference your answers whenever you need a reminder, especially if you are in a crisis.

I know I need extra support when...

My helpful coping tools are...

People I can contact are...

Safe places I can go are...

Visit [save.org](https://www.save.org) to learn more about suicide prevention and programs.