

## SUICIDE

- Assess for thoughts of self harm. Does the person express hopelessness, thoughts of self harm, a plan AND a means?
- If so for all or most of the above call 911
- Suicide Hotline Contra Costa           1-800-833-2900
- Suicide Hotline National                1-800-273-8255
- 1-800-784-2433
- Suicide Hotline National (Spanish)   1-800-784-2432

# Talk To Someone Now

## SHARE

If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, the Lifeline network is available 24/7 across the United States.

## Directory

The Lifeline is available for everyone, is free, and confidential. See below for additional crisis services and hotlines.

### National Suicide Prevention Lifeline

**1-800-273-8255**

Show contact information

### Nacional de Prevención del Suicidio

**1-888-628-9454**

Show contact information

### Options For Deaf + Hard of Hearing

**1-800-799-4889**

**Veterans Crisis Line**

**1-800-273-8255**

Text 838255

Show contact information

### Disaster Distress Helpline

**1-800-985-5990**

Show contact information

## What Happens When I Call The Lifeline?

First, you'll hear a message telling you that you've reached the National Suicide Prevention Lifeline.

We'll play you a little hold music while we connect you.

A skilled, trained crisis worker who works at the Lifeline network crisis center closest to you will answer the phone.

This person will listen to you, understand how your problem is affecting you, provide support, and share any resources that may be helpful.

**Remember, your call is confidential and free.**



## Should I Call The Lifeline?

No matter what problems you're dealing with, whether or not you're thinking about suicide, if you need someone to lean on for emotional support, **call the Lifeline**.

People call to talk about lots of things: substance abuse, economic worries, relationships, sexual identity, getting over abuse, depression, mental and physical illness, and loneliness, to name a few.

**Talking with someone about your thoughts and feelings can save your life.**

## Get in touch

### Call the Lifeline

Call the Lifeline Anytime, 24/7

**1-800-273-8255**