

Crisis Intervention & Suicide Prevention

(800) 273-8255 (TALK)

National Suicide Prevention Lifeline



Help is Available.

Up2Riverside.org

LINK UP FOR INFORMATION AND SUICIDE PREVENTION RESOURCES



What you can do:

Learn the warning signs and risks for suicide.

If you are concerned about someone, reach out and ask direct questions:

“Are you thinking about harming yourself?”

If you think the person is suicidal, take them seriously. Don't leave them alone.

Call 9-1-1 for life-threatening emergencies.

Warning Signs

- Talking about wanting to die
- Looking for a way to kill oneself
- Talking about being a burden to others
- Talking about feeling hopeless or having no purpose
- Talking about feeling trapped or in unbearable pain
- Increasing the use of alcohol or drugs
- Acting anxious, agitated or recklessly
- Sleeping too little or too much
- Showing rage or talking about seeking revenge
- Withdrawing or feeling isolated
- Displaying extreme mood swings

Risk is greater if a behavior is new or has increased and if it seems related to painful events, loss or change.

For more information or local suicide prevention resources visit Up2Riverside.org