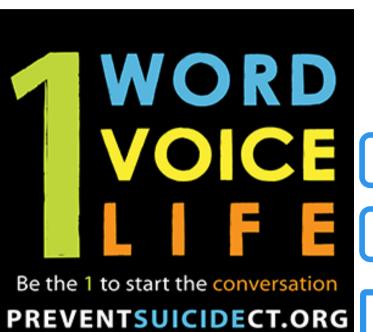
PREVENTING Suicide: Be there for a Friend

- If you or someone you know is in crisis, call the National Suicide Prevention Lifeline: 1-800-273-8255, or 211 in Connecticut
- Text CT to 741741 for the Crisis Text Line
- In an Emergency, call or text 911



In Connecticut, the top 3 risk factors for suicide among all age groups were:

MAY 10-16

Depressed mood



History of treatment for mental illness

Recognize and Respond to the Signs of Someone Who May be Contemplating Suicide



- Mental Health
 Disorders
- Serious Physical Health Conditions Including Severe Pain
- Family History
- Trauma

- Change In Behavior
- Increased Use of Substances
- Loss of Interest
- Isolation
- Giving Away Prized
 - Possessions
- Be Direct: Talk Openly and Honestly
- Be Non-Judgmental: Don't Lecture About the Value of Life
- Get Involved: Be
 Available to Help and

Support

Help Is Available

Connecticut Resources

Immediate Danger: 9-1-1

2-1-1 United Way Connecticut www.211CT.org



Department of Mental Health and Addiction Services www.ct.gov/dmhas

Connecticut Suicide Advisory Board www.preventsuicidect.org

Talk it Out Line Phone: 1-833-258-5011 www.talkitoutct.com/ American Foundation for Suicide Prevention www.afsp.org

The Trevor Project www.thetrevorproject.org

National Resources

Phone: 1-800-273-8255 Crisis Text Line: 741741

Phone: 1-800-985-5990

or Text TalkWithUs to 66746

National Suicide Prevention Lifeline

National Disaster Distress Helpline

SOURCES: https://www.preventsuicidect.org www.afsp.org, CTVDRS,