

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

Be the 1 to start the conversation
PREVENTSUICIDECT.ORG

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

- 1 Depressed mood
- 2 Substance use disorder
- 3 History of treatment for mental illness

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

RISK FACTORS	WARNING SIGNS	HOW TO HELP
<ul style="list-style-type: none"> • Mental Health Disorders • Serious Physical Health Conditions Including Severe Pain • Family History • Trauma 	<ul style="list-style-type: none"> • Change In Behavior • Increased Use of Substances • Loss of Interest • Isolation • Giving Away Prized Possessions 	<ul style="list-style-type: none"> • 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/



National Resources

National Suicide Prevention Lifeline
Phone: 1-800-273-8255
Crisis Text Line: 741741

National Disaster Distress Helpline
Phone: 1-800-985-5990
or Text TalkWithUs to 66746

American Foundation for Suicide Prevention
www.afsp.org

The Trevor Project
www.thetrevorproject.org