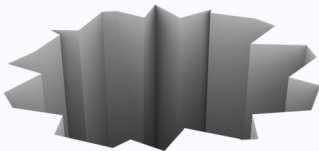




CRISIS HOTLINES

&
WARNING
SIGNS 



- **THE TREVOR PROJECT:**
(866)488-7386
- **THE NATIONAL SUICIDE PREVENTION LINE:**
 - (800)273-8255 (+ONLINE CHAT)
 - **CRISIS TEXT LINE:** TEXT START TO 741-741
- **THE GLBT NATIONAL HOTLINE:**
(888)843-4564
- **THE GLBT YOUTH HOTLINE (YOUTH-25):** (800)246-7743
- **THE TRANS LIFELINE:** (877)565-8860
- **THE RUNAWAY SAFELINE:**(800)786-2929
- **THE TRUE COLORS UNITED:**
(212)461-4401
- **AIDS IN PRISON PROJECT HOTLINE:** (718)378-7022 (ENGLISH & SPANISH)
- **LOVE IS RESPECT (DOMESTIC VIOLENCE):** (866)331-9474 TEXT "LOVE IS" TO 22522 (+ONLINE CHAT)
- **DOD SAFELINE (US MILITARY & FAMILY):** (877)995-5247 (+ONLINE CHAT)
- **NATIONAL CENTER FOR VICTIMS OF CRIMES:** (855)484-2846 (+ONLINE CHAT)
- **NATIONAL AIDS HOTLINE:**
(800)342-2437 / (800)344-7432 (SPANISH) / (800)243-7889 (TDD)
- **US NATIONAL DOMESTIC VIOLENCE HOTLINE:** (800)799-7233 (ENGLISH & SPANISH) / (800)787-3223 (TTY)
- **PRIDE INSTITUTE:** (800)547-7433 (24/7)
- **RAPE, ABUSE, INCEST NATIONAL NETWORK (RAINN):**(800)656-4673 / (800)810-7440 (TTY)
- **SURVIVORS NETWORK OF THOSE ABUSED BY PRIESTS (SNAP):**
(877)762-7432
- **HUMAN TRAFFICKING HOTLINE (POLARIS):** (888)373-7888
- **MISSING & EXPLOITED CHILDREN:**
(800)843-5678

WARNING SIGNS

FEELING:

- Hopelessness
- Empty
- Extreme sadness
- Extreme agitation
- Unbearable emotional and/or physical pain

TALKING ABOUT:

- Intense feelings of guilt or shame
- Expressing they are a burden to everyone
- expressing an interest in or verbalizing wanting to die

BEHAVIOR CHANGES:

- Making a plan, researching ways to die
- Withdrawing from friends
- Saying goodbye, or making a will
- Recklessness, or increased drug and alcohol use
- Intense moodswings
- Eating or sleeping more or less



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OHIO AND
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AREAS**

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HOW TO HELP:

- Ask them if they are thinking about suicide, if so, how would they do it?*
- Listen without judgement for as long as they need to talk
- After your conversation, stay in touch and make sure to show them that they matter to you
- Reduce their access to lethal items or places
- Help them find resources like crisis hotlines. Sometimes it's easier to talk to people you don't know

*It's very important to ask how they would commit suicide. contrary to what you might think, it doesn't make them think and plan more just by talking about it. They are already planning . finding out how far along their plan is tells you some very important insights.

- 1) you will find out how serious they are about suicide
- 2) you will find out if they already possess the lethal items to use
- 3) you now get the opportunity to take those lethal items away , and you know how serious the problem is.