

COOK COUNTY
HEALTH

Virtual Suicide Awareness

Suicide Prevention Help

National Suicide Prevention Lifeline: (800) 273-TALK (8255)



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FOR EMERGENCIES OR PEOPLE IN CRISIS:

Call 911 or go to your nearest emergency room

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LISTEN for HELP

If you or someone you love is having any of the followings SIGNS:

- Threatening to hurt or kill oneself, talking about wanting to kill or hurt oneself
- Talking or writing about death, dying or suicide, when those actions are out of the ordinary for the person
- Feeling extremely hopeless
- Feeling rage or uncontrolled anger, seeking revenge
- Acting recklessly, engaging in risky activities seemingly without thinking
- Feeling trapped – like there is no way out
- Increased alcohol or drug use
- Withdrawing from friends, family and society
- Feeling anxious, agitated or unable to sleep, or sleeping all the time
- Experiencing dramatic mood changes
- Seeing no reason for living or having no sense of purpose in life

Call the National Suicide Prevention Lifeline: (800) 273-TALK (8255)

Let's REALLY Talk About SUICIDE

Watch the links*

- youtu.be/CSIAkNH3EFg
- youtu.be/3V9b1ZquLq4
- youtu.be/takjgsjxU08

*Press Ctrl + Click to follow the above hyperlinks. Advertisements may proceed actual content.
If that doesn't work, please copy and paste the above link into a supported internet browser.

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HOPELESSNESS
is considered the
number one symptom
that closely follows
SUICIDAL thought patterns.

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Video: Suicide Truth or Myth

Watch the link below*

- [youtube.com/watch?v=ppSAI09pmPA](https://www.youtube.com/watch?v=ppSAI09pmPA)

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What Did You Learn: ABOUT SUICIDE

Quiz Questions

- Talking about suicide opening is dangerous because it plants the ideas in a person's head.
- Suicide usually occurs out of the blue – without awareness.
- If you attempt suicide, you really want to die.
- Suicide runs in families; it is a hereditary condition that cannot be prevented.
- The danger of suicide has passed when a person cheers up.
- Most suicides involve drugs and alcohol.
- Feeling suicidal usually means you are mentally ill.
- Females die a lot more from suicide than males.
- If you are only thinking about suicide, you probably won't do it.
- There is a typical profile for a person who attempts suicide.
- Black folks do not commit suicide.

Select Answer

True or False

True or False

True or False

True or False

True or False

True or False

True or False

True or False

True or False

True or False

True or False

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Here are the answers to the quiz: 1. F 2. F 3. F 4. F 5. F 6. T 7. F 8. F 9. F 10. F 11. F

Plans for HOPE – Resource Guides at Your Fingertips

If you or someone you love needs help with acute or active suicidal thoughts, please contact one of the following for assistance or to get additional information:

- Contact the National Suicide Prevention Lifeline (suicide hotline):
 - 800-273-TALK (8255)
 - [suicidepreventionlifeline.org](https://www.suicidepreventionlifeline.org)
- Contact the Crisis Text Line by texting “TALK” to 741741
- Visit afsp.org/chapter/Illinois
- Contact the National Alliance on Mental Illness Helpline:
 - 833-626-4244
 - [namichicago.org](https://www.namichicago.org)
- Contact the Illinois Helpline for Opioids and Other Substances:
 - Call (833) 234-6343
 - Text "HELP" to 833234
- Visit [findtreatment.gov](https://www.findtreatment.gov) or call (800) 662-HELP (4357)
- Visit [mentalhealth.gov](https://www.mentalhealth.gov)

Local Hotlines and Referrals

Community Provider Hotlines

- **Cook County Health Substance Use:** (312) 802-8572
- **Community Counseling Centers of Chicago (C4) Adults Crisis Line North and West:** (773) 769-0205
- **Haymarket Center:** (312) 226-7984
- **Family Guidance Center – Manteno, 24/7 Substance Use:** (815) 468-6556
- **Methodist Hospital 24/7 Medical Detox:** (773) 230-7163
- **Roseland Community Triage Center Crisis Line:** (773) 291-2500
- **Sinai Chicago Crisis Line:** (773) 257-5300
- **Westside Community Triage Center:** (833) 413-HELP (4357)
- **Screening, Assessment and Support Services (SASS) Children and Adolescents' Crisis Line:** (773) 769-0205

Referrals

- **Cook County Health Substance Use:** (312) 802-8572, Monday – Friday, 8:30 a.m. – 4:30 p.m.
- **Behavioral Health Access Line:** (844) 433-8793, Monday – Friday, 8:30 a.m. – 4:30 p.m.

Social Media Resource Guides

For Social Media Resource Guides and Mental Health Services Links:

- facebook.com/safety
- help.instagram.com/
- help.twitter.com
- reddithelp.com
- tiktok.com/safety

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HOPE DOES EXIST

Watch the Link*

- [“Black & Blue: Depression in the African American Community”](#)

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