Virtual Suicide Awareness

Suicide Prevention Help

National Suicide Prevention Lifeline: (800) 273-TALK (8255)
FOR EMERGENCIES OR PEOPLE IN CRISIS:

Call 911 or go to your nearest emergency room

National Suicide Prevention Lifeline: (800) 273-TALK (8255)
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/CSlAkNH3EFg
• 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.

National Suicide Prevention Lifeline: (800) 273-TALK (8255)
Video: Suicide Truth or Myth

Watch the link below*

- [youtube.com/watch?v=ppSAlO9pmPA](https://youtube.com/watch?v=ppSAlO9pmPA)

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**What Did You Learn: ABOUT SUICIDE**

**Quiz Questions**

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

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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

- 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

- Contact the Illinois Helpline for Opioids and Other Substances:
  - Call (833) 234-6343
  - Text "HELP" to 833234

- Visit findtreatment.gov or call (800) 662-HELP (4357)

- Visit mentalhealth.gov

*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.
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:

* 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.

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

Watch the Link*

• “Black & Blue: Depression in the African American Community”

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