

# Suicide Prevention Resources

## Signs:

- Talking about wanting to die or to kill oneself.
- Looking for a way to kill oneself, such as searching “Suicide” online or buying a gun.
- Talking about feeling hopeless or having no reason for living.
- Talking about feeling trapped and/or in unbearable pain.
- Talking about being a burden to others.
- Increasing the use of alcohol and/or drugs.
- Acting anxious or agitated; behaving recklessly.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.
- Giving away things that are important to them.

## Resources:

- Suicide Prevention Crisis Lifeline  
(DIAL 988), go online at [suicidepreventionlifeline.org](https://suicidepreventionlifeline.org) or you can text Hello to 741741
- CICS 24-Hour Crisis Line  
(1-855-581-8111) Call or Text 1-855-325-4296 or Chat Online at [iowacrisischat.org](https://iowacrisischat.org) 9 am to 2 am.
- DIAL 911

## Ways to Help:

- Ask:
  - Are you thinking about suicide?
  - How do you plan to hurt yourself?
  - Do you have a plan to kill yourself?
  - How can I help?
- Listen: Listen closely to the person's answers, and make sure to take the answers seriously.
- Keep Them Safe: Stay with them and help them call for help. Call the Suicide Prevention Crisis Lifeline or 911 if the person is in immediate danger or could be in danger.
- Be there. Sometimes all it takes to keep another person safe is to be with them and reassure them they are not alone.
- Help them connect with other support resources and the Suicide Prevention Crisis Lifeline.
- Follow up so the person knows you care. Check in to see how things are going and listen to the answers.
- Never promise to keep it to yourself.