



# Local Resources

*Question, Persuade, and Refer — Ask a Question, Save a Life*

## Warning Signs for Suicide

Warning signs are early, detectable signs that indicate increased risk for suicide.

**Call 9-1-1 or seek immediate help from a mental health provider when you hear or see any one of these behaviors:**

- ◆ Someone threatening to hurt or kill themselves
- ◆ Someone looking for ways to kill themselves: seeking access to pills, weapons, or other means
- ◆ Someone talking or writing about death, dying, or suicide

**If you are concerned about someone because their behavior has changed and they are exhibiting any of the warning signs of suicide listed below, call the Access & Crisis Line at (800) 479-3339.**

- ◆ Hopelessness
- ◆ Rage, anger, seeking revenge
- ◆ Acting reckless or engaging in risky activities
- ◆ Feeling trapped—like there’s no way out
- ◆ Increasing their use of alcohol or drugs
- ◆ Withdrawing from family, friends, and society
- ◆ Anxiety, agitation, unable to sleep, or sleeping all the time
- ◆ Dramatic mood changes
- ◆ Feelings of having no reason for living or no sense of purpose in life

Courtesy of [www.sprc.org](http://www.sprc.org)

## Access & Crisis Line

**(800) 479-3339**

If you need information for you or a loved one about how to handle a **mental health crisis**, you can talk to a trained professional to help with your specific situation. The Access & Crisis Line is confidential and available 24/7 in all languages. TDD is available for the hearing impaired at (619) 641-6992.

## It’s Up to Us

**[www.Up2SD.org](http://www.Up2SD.org)**

The It’s Up to Us campaign is designed to empower San Diegans to talk openly about mental illness, recognize symptoms, utilize local resources, and seek help. For **local suicide prevention resources**, click on “Suicide Prevention” under the “Find Help” tab.

**2-1-1**

## Dial “2-1-1”

Serving all of San Diego County, including veterans and active military, 2-1-1 connects people with a variety of community, health, and disaster services, through a free, 24/7 stigma-free phone service.

**To schedule a QPR Gatekeeper Training, go to:  
[www.sdchip.org/suicide-prevention-training.aspx](http://www.sdchip.org/suicide-prevention-training.aspx)  
Or call 858-609-7967**

