COUNTY OF SAN DIEGO HHSA HEALTH AND HUMAN SERVICES AGENCY

CHIP a project facilitated by: COMMUNITY HEALTH IMPROVEMENT PARTNERS making a difference together

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 (888) 724-7240.

- 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

Access & Crisis Line

(888) 724-7240

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

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
Or call 858-609-7967