

Online Responses for Articles Related to Suicide

- 1) This must be an extremely painful time for this family. My heart goes out to them, and may they receive the love and support they deserve through this difficult time. Support groups for survivors of suicide loss are available in San Diego County. Visit: <http://up2sd.org/find-help/resources/suicide-prevention-and-support>
- 2) Suicide is very sensitive and complex. It often leaves many unanswered questions. Clearly there was a lot more going on with this individual than this story [broadcast/article] describes. As a community, we should not judge this situation, but open our hearts and support each other.
- 3) Pain isn't always obvious. If you or someone you know is going through tough times, you are not alone. Anyone can make a FREE confidential call to speak to a trained professional or receive appropriate mental health referrals by calling (888) 724-7240.
- 4) To those affected by this horrible tragedy – may you find solace and comfort knowing many people loved [*this young man*]. Have faith that you will come to learn a new normal, and in time, it will get better. Consider reaching out to others who have experienced a similar loss, or find support groups at www.soslsd.org
- 5) Mental health, suicide prevention and postvention resources are available – visit www.Up2SD.org – to find help for yourself or a loved one.
- 6) One person's suicide can affect many other people's lives. Help and support are available. Link up to www.Up2SD.org for resources, or call the San Diego Access and Crisis Line (888) 724-7240 to talk to a trained professional for immediate help.
- 7) If this [*woman*] had died from a heart attack or car accident, there would be no lack of support or discussion. Just because it was suicide doesn't make this death any less important or tragic. Suicide is complex, and leaves many unanswered questions. Help and support are available for those who are left behind. Here is a list of resources: <http://up2sd.org/find-help/resources/suicide-prevention-and-support>
- 8) Let's not be insensitive. A human life was lost. I'm sure there was far more going on with this individual than what we learn in this article. Let this be an opportunity for the rest of us to become familiar with the warning signs of suicide and reach out to those we might be concerned about. www.suicideispreventable.org
- 9) If there is someone in your life that you are concerned about, reach out to them today to let them know you care. Offer to get help together. Go to www.Up2SD.org for a list of mental health and suicide-related resources or call the San Diego Access and Crisis Line at (888) 724-7240 to talk to a trained professional or get an appropriate referral.
- 10)–You don't have to be the one in crisis to call a crisis line. If you are concerned about someone and don't know what to do, the crisis line can help. It's free. Call the San Diego Access and Crisis Line at (888) 724-7240.

- 11) This is not always the case, and may not be here, but a large percentage of people who die by suicide suffered from an underlying mental illness and/or substance abuse problem. It is important to take mental health seriously. San Diego has resources and help is available. Visit www.Up2SD.org
- 12) I am incredibly saddened by this story. Suicide is such a difficult and sensitive matter. The truth is that too many people are affected by suicide, but our society has created both stigma and shame that prevent folks from getting the help and support they deserve. It's up to us to help end the silence of suicide, support one another and work together to prevent other suicides. To gain understanding on how to cope after a suicide, visit www.afsp.org/coping-with-suicide
- 13) Suicide is often the result of a serious underlying mental illness combined with complicated personal circumstances. People who feel suicidal may believe they are a burden on their families or that there is no hope for life to get better. But with help, there can be hope. Call at (888) 724-7240 for free, confidential help.
- 14) When my [friend/loved one/family member/co-worker] felt suicidal, luckily [s/he] reached out and told someone how [s/he] felt. [S/he] was able to get counseling and to work through some of the problems that were plaguing [him/her]. I wish that the person in this tragic news story had been able to use some of the resources available in San Diego for help. And I wish that fewer of us commenting here were so judgmental. Until you walk in their shoes, you don't know what pain they were feeling.
- 15) I've had personal experience with suicide. One of my [best friends/family members/etc.] took [his/her] own life. I wish that they had hung on through the crisis until they felt better. I wish that they had received the right treatment. I wish that they had not been judged as being weak or a failure for feeling that life was no longer worth living. I've seen the *It's Up to Us* ads for www.Up2SD.org and I hope that more readers/viewers will visit that site to learn how they can help others who feel this way.