

Get Help Now

If you or someone else needs support, a trained crisis counselor can be reached by calling the National Suicide Prevention Lifeline at **800-273-TALK (8255)** or by texting TALK to **741741**

- Central Coast Hotline at **800-783-0607**
- Personas que hablan español, llamen a Red Nacional de Prevención del Suicidio al **888-682-9454**
- For teens, call the TEEN LINE at **310-855-4673**
- For Veterans, call the National Suicide Prevention Lifeline at **800-273-TALK (8255)** and **press 1**
- For LGBTQ+ youth, call The Trevor Project at **866-488-7386** or text START to **678678**
- For transgender people, call the Trans Lifeline at **877-565-8860**
- For people who are hearing impaired, call the Lifeline at **800-799-4889**
- For law enforcement personnel, call the COPLINE at **800-267-5463**
- For other first responders, call the Fire/EMS Helpline at **888-731-FIRE (3473)**
- For older adults and adults living with diverse abilities, call The Friendship Line at **800-971-0016**

All of the resources above provide confidential help and are available 24 hours a day, seven days a week. Suicide risk assessment is a collaborative and transparent process between the person at risk and the person conducting the assessment. Working together, support services and referral options are identified based on risk and need.

If someone is ***showing warning signs of suicide or communicating a desire to die, take the following steps:***

- 1. ASK** "Are you thinking about about suicide or feeling that life may not be worth living?" and assess the person's safety by asking if the person has a specific plan and any intent to act on that plan. Ask if the person has already begun acting on these thoughts or made a suicide attempt. Risk of death by suicide increases significantly as people put more pieces of a plan in place.
- 2. EXPRESS** compassion. The desire to die by suicide can be a frightening and isolating experience. Express compassionate care to emphasize that help is available, including confidential resources.
- 3. REACH OUT** for support by calling the crisis lines (see above) to be connected to resources. All crisis lines are available to people in crisis AND individuals supporting people in crisis.
- 4. FOLLOW-UP** by calling, texting, or visiting to ask how the person is doing and if additional support is needed.

Take a screen shot of this of page if you're on your mobile device or make a copy if you're viewing the print version. This page can be saved for future use or sent to a loved one. Originally from Striving for Zero: California's Strategic Plan for Suicide Prevention 2020-2025 with edits made by County of SLO Behavioral Health, adding the Central Coast Hotline, Friendship Line, and formatting adjustments.