

What to Do If You Think Someone Is Having Suicidal Thoughts

1. ASSESS if someone you know exhibits any of the following suicide warning signs:

- Talking about wanting to hurt or kill oneself
- Looking for ways to kill oneself by seeking access to firearms, pills, or other means
- Talking or writing about death, or suicide when this is out of the ordinary for the person
 - Substance abuse—Excessive or increased
 - Purposeless—No reasons for living
 - Anxiety—Agitation/Insomnia
 - Feel trapped—Feeling there is no way out
 - Hopelessness
 - Withdrawing—From friends, family, society
 - Anger (uncontrolled)—Rage, seeking revenge
 - Recklessness—Risky acts, unthinking
 - Mood changes (dramatic)

**Contact a mental health professional by calling the National Suicide Prevention Lifeline at
1-800-273-TALK (8255)**

2. ASK the person directly:

- “Are you thinking of ending your life?”
- “Have you thought of ways that you might end your life?”
 - “What are they?”
- “Do you have (pills/weapons, etc.)?”
- “Where are you located right now?” (If the person is not with you.)

3. ACT

- If you think the person might harm him or herself, do not leave the person alone.
- Say, “I’m going to call for some help.”
- Call the National Suicide Prevention Lifeline, 1-800-273-TALK (8255). You will be connected to the nearest available crisis center. (www.mentalhealth.samhsa.gov/databases/)



Counseling and Psychological Services

Gillson Hall, Lower Level (415) 422-6352

8:30am- 5pm (Monday-Friday)

On-Campus Support:

CAPS Center: 415-422-6352 (Consultation, Crisis Assessment, Brief Therapy) (8:30am-5pm)

Public Safety (Emergency): 415-422-4222 (24 hours)

Community Support:

San Francisco Suicide Hotline (24 hours/day): 415-781-0500

Psych Emergency Services: **415-206-8125** (24 hours)

Westside Community Crisis: **415-355-0311** (Monday-Friday 8-6pm; Saturdays 9-5pm)

Mobile Crisis: **415-355-8300** (11a.m. to 11p.m.)

Organizations & Websites on Suicide Prevention

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| • American Foundation for Suicide Prevention | http://www.afsp.org |
| • American Association of Suicidology | http://www.suicidology.org |
| • Jed Foundation (self-evaluation tests) | http://www.jedfoundation.org |
| • Active Minds on Campus | http://www.activemindsoncampus.org |
| • Campus Blues | http://www.campushealthandsafety.org |
| • National Alliances On Mental Illnesses | http://nami.org |

Books about Depression and Suicide

- DePaulo, J. Raymond, Understanding Depression. Wiley: 2002
Explains the biological and genetic factors that contributes to bipolar disorder and depression
- Hendin, Herbet, Suicide in America. Norton: 1996
Discuss suicide among the youth and among older people
- Jamison, Kay, Night Falls Fast. Knopf: 1996
- Styron, William, Darkness Visible. Random House: 1990
- Jamison, Kay. An Unquiet Mind. Knof: 1995