## RESOURCES FOR SUICIDE PREVENTION & RECOVERY

#### **SUGGESTED BOOKS**



Dying to Be Free: A Healing Guide for Families After a Suicide by Beverly Cobain & Jean Larch

I Wasn't Ready to Say Goodbye: Surviving, Coping and Healing After the Sudden Death of a Loved One by Brook Noel & Pamela D. Blair, Ph.D.

No Time For Goodbyes: Coping with Sorrow, Anger, and Injustice After a Tragic Death, 7th Edition by Janice Harris Lord

Reasons to Stay Alive by Matt Haig

Thirteen Reasons Why by Jay Asher

When Bad Things Happen to Good People by Harold S. Kushner

#### Crisis Lines

Boys Town National Hotline 1-800-448-3000 or text 20121

Crisis Text Line | 741741

Nacional de Prevención del Suicidio 1-888-628-9454

National Suicide Prevention Lifeline 1-800-273-8255

Trans Lifeline | 1-877-565-8860

Trevor Lifeline | 1-866-488-7386

Veterans Crisis Line 1-800-273-8255 (Press 1) or text 838255

## **Mobile Apps**

Be Safe

BeyondNow Suicide

Safety

**TheHopeLine** 

MY3

Samaritans Self-Help

Suicide Safe by

**SAMHSA** 

The Virtual Hope Box

## **WARNING SIGNS**



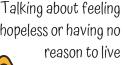
#### SERIOUS RISK

# **IMMEDIATE RISK**

Talking about wanting to die or to kill oneself

Looking for a way to kill oneself, such as searching online or obtaining a gun

> Talking about feeling hopeless or having no



Talking about feeling trapped or in unbearable pain

Talking about being a burden to others

Increasing the use of alcohol or drugs Acting anxious or agitated; behaving

recklessly

Sleeping too little or too much

Withdrawing or feeling isolated

Showing rage or talking about seeking revenge

Displaying extreme mood swings

Source: https://www.sprc.org/about-suicide/warning-signs