

Suicide Prevention Resources

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Suicide Prevention Resources

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There is hope in the darkest hours of suffering and asking for help lets a little light in and that little sliver of light (or hope) can begin a life filled with the sunshine of amazing wonder and joy.

Life is not easy, but Suicide is not the answer.
TREATMENT WORKS !

If you are having problems, please contact one of the resources on this page. And remember **you** have great worth !

Suicide Prevention Resources

If you or someone you know is struggling with thoughts of suicide, call 988 to connect with the 988 Suicide and Crisis Lifeline.

Warning signs of suicide

- Talking about wanting to die
- Looking for a way to kill oneself
- Talking about feeling hopeless or having no purpose
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs

- Acting anxious, agitated or recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

The more of these signs a person shows, the greater the risk. Warning signs are associated with suicide but may not be what causes a suicide.

What to do if you see warning signs of suicide

- Do not leave the person alone
- Remove any firearms, alcohol, drugs or sharp objects that could be used in a suicide attempt
- Call the U.S. National Suicide Prevention Lifeline at **988** or **800-273-TALK (8255)**
- Take the person to an **Emergency Room** or seek help from a medical or mental health professional. If you feel unsafe or in danger contact local Law Enforcement by calling 911

Crisis Hotlines

- Huntsman Mental Health Institute Crisis Line: 801-587-3000
- SafeUT Crisis Line: 833-372-3388
- 988 Suicide and Crisis LifeLine at 988
- Trevor Project Hotline for LGBTQ teens: 1-866-488-7386

Online resources

- NAMI Utah: namiut.org
- SafeUT: safeut.org
- Suicide Prevention Lifeline: www.suicidepreventionlifeline.org
- American Foundation for Suicide Prevention, Utah chapter: afsp.org/chapter/utah
- Alliance of Hope: <https://allianceofhope.org/>

Information from the American Foundation for Suicide Prevention.

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