



WELLNEWS



A MONTHLY WELLNESS NEWSLETTER

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Take Action for Suicide Prevention

Suicide Prevention Week: September 4-10, 2022
World Suicide Prevention Day: September 10



Thriving At All Ages

SMARTPHONE APPS

- [MY3](#)
- [What's Up Safehouse](#)
- [A Friend Asks](#)
- [Better Stop Suicide](#)
- [Suicide Safety Plan](#)

APP

By knowing the signs of suicide, finding the words to support a friend or family member, and by reaching out to and promoting local and national resources everyone can play a critical role in suicide prevention. Click on the links below for additional information and guidance:

- [Suicide Prevention Activity Sheet](#)
- [SuicideisPreventable.org](#)
- [Up2Riverside.org](#)
- [EachMindMatters.org](#)



CRISIS RESOURCES

Riverside County Crisis Helpline

(951) 686-HELP (4357)

Crisis Text Line

Text HELLO to 741741

Trevor Lifeline

(866) 488-7386 or
Text START to 678678

CA Youth Crisis Hotline

(800) 843-5200

Suicide & Crisis Lifeline

Call 988

WARNING SIGNS OF SUICIDE:

The behaviors listed below may be some of the signs that someone is thinking about suicide.

TALKING ABOUT:



- ▷ Wanting to die
- ▷ Great guilt or shame
- ▷ Being a burden to others

FEELING:



- ▷ Empty, hopeless, trapped, or having no reason to live
- ▷ Extremely sad, more anxious, agitated, or full of rage
- ▷ Unbearable emotional or physical pain

CHANGING BEHAVIOR, SUCH AS:



- ▷ Making a plan or researching ways to die
- ▷ Withdrawing from friends, saying good bye, giving away important items, or making a will
- ▷ Taking dangerous risks such as driving extremely fast
- ▷ Displaying extreme mood swings
- ▷ Eating or sleeping more or less
- ▷ Using drugs or alcohol more often

If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.

National Suicide Prevention Lifeline
1-800-273-TALK

Crisis Text Line
Text "HELLO" to 741741



www.nimh.nih.gov/suicideprevention

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