

Suicide Prevention

This is an incredibly uncertain and stressful time for everyone in various ways. It's normal to be in a strange head space, experiencing a variety of emotions, and feeling the loss of normalcy. It is when emotions and thoughts overtake our sense of safety that it might be cause for concern. If you or someone you know may be having suicidal thoughts, please reach out call a hotline, call 911, or talk with a supportive person that can help get you immediate help. You are not alone, you are not a burden, and there is help for you. Suicide is very serious, and we must talk about it because it can affect all of us. Ignoring the topic would be a mistake. No matter what, safety is the #1 priority. If you are concerned, find safety for you or the other person.

Signs of Suicidal Thoughts in Others:

- Talking about wanting to die or to kill themselves
- Looking for a way to kill themselves, like searching for weapons online
- Talking about feeling hopeless or having no reason to live
- 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 isolating themselves
- Showing rage or talking about seeking revenge
- Extreme mood swings
- Isolating themselves from friends or other support

It's possible that you are noticing signs in someone you are close with, they may be acting differently than normal. Pay attention to changes in their behavior.

Coping

If you struggle with suicidal thoughts, it is so important to adopt healthy coping strategies to help you during this time and in the future. The most important thing you can do will be to identify your reliable support system and get help immediately. Friends and family will do their best to help you, but you must also do your best to communicate how you feel.



Try some of these strategies:

- Seeking friend/family support
- Journaling
- Gratitude Exercises/Affirmations
- Art/Expression/Music
- Attend a support group
- Ask for a loved one to check in on you regularly
- Mindfulness/yoga/meditation
- Exercise/Eating healthy
- Establish a routine
- Go on a walk/take a bike ride
- If you are grieving, do things to remember your loved one
- Make keeping in contact with loved ones a priority
- Try to understand the source of your thoughts
- Schedule enjoyable activities into your schedule each day
- Professional Help
- Any healthy coping strategies you have developed over time should be put to use now. Wherever you normally find strength, use that resource now.

For more coping resources, visit <https://www.boystown.org/parenting/Pages/50-coping-skills.aspx> or <https://www.boystown.org/parenting/Documents/Feelings-Teens Sad-Depressed-tool.pdf>

Please reach out to a supportive adult if you are needing assistance. If you are having suicidal thoughts, contact a crisis hotline or 911 **immediately**. You are not alone.

Make Your Own Safety Plan

1. **Recognize your personal warning signs:** What thoughts, images, moods, situations, and behaviors indicate to you that a crisis may be developing? Write these down in your own words.
2. **Use your own coping strategies:** List things that you can do on your own to help you not act on urges to harm yourself.
3. **Socialize with others who may offer support as well as distraction from the crisis:** List people and social settings that may help take your mind off of difficult thoughts or feelings.
4. **Contact family members or friends who may help to resolve a crisis:** Make a list of people who are supportive and who you feel you can talk to when under stress.
5. **Contact mental health professionals or agencies:** Make a list of names, numbers and/or locations of clinicians, local emergency rooms, and crisis hotlines. Put the Suicide Prevention Lifeline number, 1-800-273-8255, into your phone.
6. **Ensure your environment is safe:** Have you thought of ways in which you might harm yourself? Work with a counselor to develop a plan to limit your access to these means.

From <https://suicidepreventionlifeline.org/help-yourself/>

Hotline/Crisis Numbers

24-hr Crisis Line: 602-222-9444

24-hr Suicide Prevention Lifeline: 800-273-8255

Suicide Prevention Lifeline - Spanish: 888-628-9454

Suicide Prevention Lifeline - Deaf & Hard of Hearing: 800-799-4889 or

<https://suicidepreventionlifeline.org/chat/>

ASAP (Adolescent Substance Abuse Program): 602-434-0249

EMPACT: 866-205-5229

Find Help Phoenix: [Find Help Phoenix](#)

Mercy Maricopa 24-hrs. Hotline (AHCCCS only): 800-631-1314

Pathways Substance Abuse Program: 480-921-4050

State Treatment Hotline: 800-662-4357

Trevor Project 24 hour hotline (LGBT): 866-488-7386

**24-hr Teen
Lifeline:
(800) 273-
TALK (8336)**

Support Groups:

Most groups are on hold right now, but you can join when government regulations subside.

Arizona Psychological Association

Various teen support groups (cost) and peer support groups (free)

https://azpa.org/Counseling_Peer_Support_Groups

Suicide Support Groups

<https://afsp.org/find-a-support-group/?nonus=0&radius=15&zip=85248>

TeenTribe

<https://support.therapytribe.com/teen-support-group/>

Individual Counseling:

Many counselors are offering support over the phone, video communications, or through chatting/text messaging.

BetterHelp E-Counseling

contact@betterhelp.com

<https://www.betterhelp.com/>

Psychology Today

<https://www.psychologytoday.com/us/therapists/adolescents-teenagers-14-to-19/arizona>

Total Life Counseling

690 East Warner Road Suite 115, Gilbert, AZ

(480) 444-2434

Info@TotalLifeAZ.com

<https://www.totallifecounseling.net/contact.html>

7 Cups

Free online emotional support chatting for adults and teens ages 13-17, or you can upgrade to a membership for full therapy.

Also available as an online on iPhone/Android

<https://www.7cups.com/>

Oasis Behavioral Health Hospital

(844) 545-8100

<https://www.obhhospital.com/programs/children/>

Online Resources:

Free Coronavirus Sanity Guide <https://www.tenpercent.com/coronavirussanityguide>

<https://www.erikaslighthouse.org/the-toolbox/coping-with-depression/>

<https://suicidepreventionlifeline.org/>

https://www.sprc.org/sites/default/files/resource-program/Teens_0.pdf

<https://www.sprc.org/sites/default/files/resource-program/Families.pdf>

<https://www.nimh.nih.gov/health/publications/teen-depression/index.shtml>

<https://www.helpguide.org/articles/depression/teenagers-guide-to-depression.htm>

<https://www.therapistaid.com/worksheets/depression-info-sheet.pdf>

<https://www.stanfordchildrens.org/en/topic/default?id=understanding-teenage-depression-1-2220>

<https://thiswayup.org.au/how-do-you-feel/sad/>

<https://covid19.thiswayup.org.au/>

<https://drsarahallen.com/depression/free-depression-book/>

<https://positivepsychology.com/cbt-cognitive-behavioral-therapy-techniques-worksheets/>

<https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/Ten-Things-Parents-Can-Do-to-Prevent-Suicide.aspx>