Resources
American Association of Suicidology
4201 Connecticut Avenue, NW
Washington, DC 20008
202-237-2280
www.suicidology.org

American Foundation for Suicide Prevention
120 Wall Street, 22nd Floor
New York, NY 10005
888-333-AFSP (888-333-2377)
212-363-3500
www.afsp.org

Hotlines
800-784-2433 (800-SUICIDE)
800-621-4000
SuicideHotlines.com
www.suicide-helplines.org
Suicide is the third leading cause of death for 15- to 24-year-olds, according to the U.S. Centers for Disease Control and Prevention. Only accidents and homicides take more lives.

In the past, suicide was viewed as a sin or a crime. Today we understand that someone who thinks or talks about committing suicide is not bad or weird, but deeply troubled and in need of help. You can help by getting help or by listening.

You Can Help by Getting Help

If you have a friend who has threatened or attempted suicide or who hints that he or she might do so (“I’m no good to anybody” or “I won’t be around to bother you ... as possible. Talk to your school guidance counselor or to your parents. You can also call the National Suicide Prevention Lifeline at 1-800-SUICIDE (800-784-2433) if you're worried about, and he or she is willing to talk with you. Your school guidance counselor or your parents can help you decide whether your friend needs help and where to find that help. You can help your friend whether your friend needs help and where to find that help. You can help your friend whether help or intervention is needed.

You Can Help by Listening

No matter how much you care about your friend, you probably won't be able to solve his or her problems, but listening may help. Here are some guidelines:

◗ Express your concern but don't be judgmental. Don't get involved in a debate about suicide.

◗ Let your friend talk out negative feelings or thoughts. Don't try to gloss over the problems or let your friend dwell on negative feelings or thoughts.

◗ Don't express your concern but don't be judgmental. Make sure the person knows that you care about him or her.

You Can Help by Helping Others

People who are particularly vulnerable to suicide may show one or more of the following signs:

◗ marked personality change;

◗ withdrawal from family, friends, and usual activities;

◗ changes in eating or sleeping habits;

◗ withdrawing from family, friends, and usual activities;

◗ marked personality change;

◗ general feeling of sadness and hopelessness;

◗ changes in eating or sleeping habits;

◗ withdrawing from family, friends, and usual activities;

◗ marked personality change;

People who are particularly vulnerable to suicide may show one or more of the following signs:

◗ marked personality change;

◗ withdrawal from family, friends, and usual activities;

◗ changes in eating or sleeping habits;

◗ withdrawing from family, friends, and usual activities;

◗ marked personality change;

People who are particularly vulnerable to suicide may show one or more of the following signs:

◗ marked personality change;

◗ withdrawal from family, friends, and usual activities;

◗ changes in eating or sleeping habits;

◗ with withdrawing from family, friends, and usual activities;

◗ marked personality change;

People who are particularly vulnerable to suicide may show one or more of the following signs:

◗ marked personality change;