

THREE STEPS OF SUICIDE PREVENTION

1

KNOW THE SIGNS

- Talking about death or suicide
- Researching methods for suicide
- Feeling hopeless, trapped, or burdensome
- Giving away their possessions or saying a final goodbye
- Sudden and intense changes in their mood or behavior

2

FIND THE WORDS

“Tell me about what you are experiencing right now.”

“I’m worried about you, let’s find support together.”

“Are you thinking about ending your life?”

3

CONNECT TO SUPPORT

If you, or someone you know, is experiencing a mental health crisis or thinking about suicide:

CALL 650-579-0350 (San Mateo County Crisis Line)

CALL/TEXT 988 (Suicide & Crisis Lifeline)



To learn more about suicide prevention, scan the QR code or visit SMCHealth.org/SuicidePrevention



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