

Suicide Prevention Resource Card

Local 24-hour Hotlines

All Emergencies.....**9-1-1**

Humboldt County Mental Health.....707-445-7715
Toll Free..888-849-5728
YSB Youth & Family.....707-444-2273
North Coast Rape Crisis Team.....707-445-2881
Humboldt Domestic Violence Services.....707-443-6042

National 24-hour Hotlines

National Suicide Prevention Line.....800-273-8255
Veterans.....800-273-8255...*press 1 or text...838255
Ayuda en Espanol.....888-628-9454
California Youth Crisis Line.....800-843-5200
The Trevor Project (LGBTQI Youth).....866-488-7386
Elderly Friendship Line.....800-971-0016
Suicide Loss Helpline.....800-646-7322
California Poison Control.....800-876-4766

Other Helpful Resources

Humboldt Suicide Prevention Program.....707-441-5554
Training, Resources, Community Outreach & Education
Hospice of Humboldt Grief Support.....707-445-8443
American Foundation for Suicide Prevention: www.afsp.org
HCTAYC—Youth Collaborative: www.humboldtyouth.org
Suicide Prevention Resource Center: www.sprc.org
Learn the warning signs: suicideispreventable.org
Youth support: us.reachout.com

You Can Help: Recognize invitations

- Talk, threats about suicide, death, dying
- Looking for ways to kill self
- Past suicide attempt
- Feeling hopeless, trapped, like a burden
- Increase use of alcohol, other drug, relapse
- Changes in behavior, appearance, mood
- Anger, rage, anxiety, agitation

Show: You care

- Offer help: I'm here for you.
- Listen calmly without judgment
- Take all talk of suicide seriously

Voice: Your concerns

- I care about you. I'm worried.
- I've noticed you...missing work, etc.
- I'm listening...what is going on for you?
- Have you been thinking of suicide?

Provide: Support & connect

Let's talk to a counselor, parents, partner, spouse, teacher, coach, etc.

I will...go with you, contact you later, etc.

Let's call the Suicide Prevention Lifeline.

R.S.V.P. = Recognize invitations, Show you care, Voice your concerns, Provide support



**and connect to
resources**

