

#BeThe1To: SAVE A LIFE Friends Help Friends

SUICIDE PREVENTION
IN ORANGE COUNTY, NY



#BeThe1To: **KNOW**

Please call 311 if you or someone you know is experiencing any of the following problems especially if a problem is making it hard to get through the day or is getting worse.

- ◆ Feeling like a burden
- ◆ Being isolated
- ◆ Increased anxiety
- ◆ Feeling trapped or in unbearable pain
- ◆ Increased substance use
- ◆ Attempting to access lethal means
- ◆ Increased anger or rage
- ◆ Extreme mood swings
- ◆ Expressing hopelessness
- ◆ Sleeping too little or too much
- ◆ Talking or posting about wanting to die
- ◆ Making plans for suicide

#BeThe1To: **ASK**

- ◆ Are you thinking about killing yourself?
- ◆ Have you thought about how you might hurt yourself?
- ◆ Is there anything that would prevent you from harming yourself?

#BeThe1To: **BE THERE**

- ◆ Listen to their reasons for feeling hopeless and in pain.
- ◆ Listen with compassion and empathy and without dismissing or judging.
- ◆ Help them focus on their reasons for living.

#BeThe1To: **HELP THEM CONNECT**

Call the Orange County Crisis Call Center 24/7

DIAL 311 or 1-800-832-1200

Text support for Teens 24/7 by texting: 845-391-1000

Call the Lifeline at 1-800-273-TALK (8255) / (Español, 1-888-628-9454)

With Help Comes Hope *through friends*

