

# suicide prevention hotlines & resources

Suicide and Crisis Lifeline*◇	Call/Text 9-8-8 or visit 988lifeline.org Press 1 for the Veterans Crisis Line
Crisis Text Line*◇	Text "HOME" to 741-741
DMH Access Warm Line*◇	Call 1-800-854-7771
Disaster Distress Hotline*◇	Call 1-800-985-5990
Teen Line	Call 310-855-4673 (6-10 pm PST) Text "TEEN" to 839-863 (6-9 pm PST)
California Youth Crisis Line*	Call/Text 1-800-843-5200
Trevor Project*	Call 1-866-488-7386 or Text "START" TO 678-678
211 LA County*◇	Call 211 or visit 211la.org
CalHOPE Connect Warm Line*◇	Call 1-833-317-HOPE (4673)
CopLine*	Call 1-800-267-5463 Visit copline.org
DMH Older Adult Services	Visit dmh.lacounty.gov/our-services/older-adults
Suicide Prevention Lifeline - Native Americans and Alaskan Natives	Visit 988lifeline.org/help-yourself/native-americans
Los Angeles County Youth Suicide Prevention Project	Visit preventsuicide.lacoe.edu
Know the Signs	Visit suicideispreventable.org
Los Angeles Suicide Prevention Network	Visit lasuicidepreventionnetwork.org

\*Available 24/7.

◇ Resource available in additional languages.



Scan for suicide prevention tips & materials.



# WHAT ARE SOME SIGNS I MIGHT NEED SUPPORT?

## I feel...

- Numbness and detachment
- Anxiety or severe fear
- Guilt or shame
- Sadness/depression
- Helplessness/denial
- Range in emotions
- Hypersensitive
- Fearful of crowds/fearful of being alone
- Self-conscious
- Suicidal ideation
- Apathy
- Stressed out

## My body experiences...

- Insomnia
- Sweating or shivering
- Loss of or increase in appetite
- Physical sensitivity
- Not wanting to be touched
- Increased heartbeat and/or blood pressure
- Frequent illness
- Rashes and/or hives
- Nausea and/or unusual bowel movements
- Body pains/muscle aches
- Extreme fatigue or exhaustion
- Nightmares

## My behavior looks like...

- Isolating
- Difficulty concentrating
- Avoiding certain locations, crowds, or activities
- Sudden outburst of anger or rage
- Being easily startled
- Change in appearance
- Trust issues
- Less interest or participation in everyday activities
- Sabotaging relationships
- Risk behaviors
- Increased alcohol and drug use

# WHAT ARE GROUNDING ACTIVITIES?

*Grounding exercises are short activities that can help us manage disturbing or upsetting thoughts when we are reminded of our traumatic experience. Below are different grounding techniques:*



Drink a glass of water

4-7-8

**4-7-8 breathing:**

Breathe in for 4 seconds. Hold the breath for 7 seconds. Exhale for 8 seconds. Repeat.



**Five-finger breathing:**

Hold one hand in front of you, with your fingers spread out. Trace the outside of your entire hand with the index finger on your other hand, taking your time, and breathing in when you trace up a finger, then out when you trace down.

3

**Count backward by 3:**

Slow your racing thoughts by counting backwards by three in your mind from 100 (100, 97, 94, etc).



**5-4-3-2-1 Grounding Technique:**

Notice 5 things you can see, 4 things that you can touch, 3 things that you can hear, 2 things that you can smell, and 1 thing that you can taste.



**Engage in a creative practice:**

Write in a journal, play with clay, paint, collage. What you make doesn't have to be good! Just enjoy the process.



Scan to access additional trauma-informed tips & learning materials.