

Before HELPing a friend...

- Ensure your own safety- if the situation may be dangerous, call 911
- Take care of yourself- self care is important for good health and well being
- If you are stuck, afraid, or unsure what to do in a situation with a suicidal friend, call a crisis line



Facebook:
<https://www.facebook.com/activeminds.sfstate>

National Website:
<http://www.activeminds.org>



Email:
acminds@mail.sfsu.edu

Suicide Prevention

A breakdown of how to talk to a friend who may be suicidal and suicide emergency resources

How to HELP...

How To HELP...

Hear the warning signs

Evaluate the situation and ask if suicidal

Let your friend know you care, listen for reasons for dying and living

Plan - make a safety plan and utilize resources

Resources

Counseling and Psychological Services Center:

Phone: (415) 338-2208

TDD: (415) 338-4321

Student Services Building, Rm 208,
SFSU

Emergency Services:

SF 24 Hour Crisis Line:
(415) 781-0500

For Spanish Speakers -

Linea de Apoyo: (415) 989-5212
or 1-800-303-7432

National Life Line:
1-800-784-2433

SF Mobile Crisis: (415) 206-8125

SF General Hospital:
(415) 206-8125

Westside Crisis Clinic:
(415) 355-0311
911

Suicide Prevention Organizations:

- American Foundation for Suicide Prevention

www.afsp.org

- Family Acceptance Program

www.familyproject.sfsu.edu

- American Association of Suicidology

www.suicidology.org

Don't be afraid to call



911