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

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

Suicide Prevention

ACTIVE MINDS
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

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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

Don’t be afraid to call 911

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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