



Resources *for* Living®

Be aware of the signs

There are often common warning signs that someone is thinking of suicide. Some people may express low self-worth or make subtle comments about feeling like a burden, feeling trapped or that they just want to disappear. Some may withdraw from loved ones, give personal belongings away, focus less on personal care and hygiene and have changes in appetite and sleep.

When someone shows any of these signs, try not to minimize or dismiss what the person may be going through. Listen without judgment or offering advice. Then offer options for them to seek help. Remind them that everyone needs help at times and it's a sign of strength to reach out for support. The most important thing is to let them know they don't have to struggle alone. There's help along the way.

If you or a loved one is having thoughts of hopelessness and are experiencing distress, Resources For Living offers in-the-moment support with a licensed counselor 24/7.

You can also call the National Suicide and Crisis Hotline at 988 or text "home" to 741741 to chat with a specialist.



What should you do if someone you know is having suicidal thoughts

What do you do if someone talks about suicide? How can you help? These are very important questions to ask to help you know what to do to help others. Read more to learn how you can help someone who is having suicidal thoughts and struggling with difficult emotions.



What parents need to know about teen suicide

Watch this webinar for information that can help you have meaningful conversations with your teens and know what to look for if you're ever concerned your child could be at risk of suicide.



Register for a live suicide awareness webinar

Sept 26 @ 3 p.m. ET / 12 p.m. PT

Suicide is a complex health issue and a leading cause of death in the United States.¹ Understanding and talking more about it can help reduce the stigma and the risks associated with suicide.

¹Centers for Disease Control and Prevention. Facts about suicide. May 8, 2023. Accessed July, 2023.

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