



## Suicide Prevention Hotline

The National Suicide Prevention Lifeline is available 24 hours, seven days a week. By calling **1-800-273-TALK** (8255) you'll be connected to a skilled, trained counselor at a crisis center in your area, **anytime 24/7**.

From time to time, you may encounter a person who is expressing thoughts of suicide on your social-media sites. If someone you know online is showing any of these warning signs, it is important that you post a message encouraging them to call the Lifeline. If you are friends with the person in real life or know where the person is, please call **1-800-273-TALK** (8255) so that you can talk to a crisis counselor.

### Social-media warning signs:

- Writing about wanting to die or to kill oneself.
- Writing about feeling hopeless or having no reason to live.
- Writing about feeling trapped or in unbearable pain.
- Writing about being a burden to others.
- Writing about seeking revenge.

### Here are ways to contact safety teams at popular social-media sites:

- Facebook: [Click here](#) to anonymously report someone as suicidal on Facebook. A member of Facebook's Safety Team will send the user an e-mail with the Lifeline number and possibly a link to chat with Lifeline counselor.
- Twitter: [Click here](#) and select "Self-Harm" to send an e-mail to Twitter reporting a suicidal user. Twitter will send the user a direct message with the Lifeline number.
- MySpace: Click on the "Report Abuse" link that appears at the bottom of every MySpace page and complete the form. MySpace will then send an e-mail to the MySpace user with the Lifeline number.
- YouTube: To report suicidal content, click on the flag icon under a video and select "Harmful Dangerous Acts" and then "Suicide or Self-Injury." You Tube will then



review the video and may send a message to the user that uploaded the video with the Lifeline number.

- Tumblr: [Click here](#) to write an e-mail to Tumblr about a suicidal user. Include as much information as possible including the URL of the Tumblr blog. A member of Tumblr's Safety Team will send the user an e-mail with the Lifeline number.

The following signs may mean someone is at risk for suicide. The risk of suicide is greater if a behavior is new or has increased and if it seems related to a painful event, loss, or change. If you or someone you know exhibits any of these signs, seek help as soon as possible by calling the Lifeline at [1-800-273-TALK](tel:1-800-273-TALK) (8255).

Warning signs:

- Talking about wanting to die or to kill themselves.
- Looking for a way to kill themselves, such as searching online or buying a gun
- Talking about feeling hopeless or having no reason to live.
- Talking about feeling trapped or in unbearable pain.
- Talking about being a burden to others.
- Increasing the use of alcohol or drugs.
- Acting anxious or agitated; behaving recklessly.
- Suddenly giving away special possessions
- Sleeping too little or too much.
- Withdrawing or isolating themselves.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

For more information and resources about suicide prevention, please visit the National Suicide Prevention Lifeline website at <http://www.suicidepreventionlifeline.org/>