Ending the Stigma

NAMI San Francisco
National Alliance on Mental Illness

Helping a friend in need

How YOU can help a friend

- Recognize the warning signs and share your concern with them
- Encourage your friend to talk to a trusted adult
- Share resources with support and information
- Include them in your social plans
- Encourage them to follow their treatment plan
- Check in regularly, listen and offer support

Warning signs of suicide

- Someone needs immediate attention if they are:
- Talking, writing or drawing about death
- Talking about having no reason to live or being a burden
- Looking for ways to attempt suicide
- Feeling hopeless, desperate or trapped
- Giving away possessions
- Acting recklessly in a manner that might endanger yourself or someone else

What you can do

Take warning signs seriously and take action immediately:

- Ask the question “Are you thinking about suicide?”
- Don’t leave them alone
- Tell an adult you trust
- Call the National Suicide Lifeline at **1-800-273-TALK**
- Go to an emergency room or call 911
- **Don’t keep suicide warning signs a secret**

NAMI San Francisco
www.namisf.org
info@namisf.org

Ending the Stigma

NAMI San Francisco
National Alliance on Mental Illness

Finding help for yourself

Know the warning signs

- Feeling very sad or withdrawn for more than 2 weeks
- Severe out of control, risk taking behaviors that cause harm
- Sudden overwhelming fear for no reason, sometimes with a racing heart or physical discomfort
- Seeing, hearing or believing things that aren't real
- Drastic changes in mood, behavior, or sleeping habits
- Extreme difficulty concentrating that causes school failure
- Intense worries or fears that get in the way of daily activities
- Throwing up, using laxatives, or not eating, significant weight loss or gain
- Using alcohol or drugs excessively
- Trying to harm oneself or making plans to attempt suicide

What YOU can do:

- Talk to a trusted adult (more than one if necessary)
- Talk to a friend
- Send a message to someone who cares for you
- Use resources provided below:

Nami.org	24/7 Crisis Text Line
Ok2talk.org	Text "NAMI" to 741741
Teenshealth.org	National Suicide Prevention Lifeline
Thetrevorproject.org	1-800-273-TALK (8255)
Stopbullying.gov	To learn more about NAMI
Jedfoundation.org	Text "ETS" to 31996

NAMI San Francisco
www.namisf.org
info@namisf.org