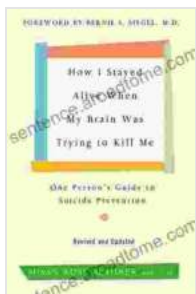


# The Ultimate Guide to Suicide Prevention

**If you're struggling with suicidal thoughts, know that you're not alone.**

According to the Centers for Disease Control and Prevention (CDC), suicide is the 10th leading cause of death in the United States. In 2020, there were over 45,000 suicide deaths in the U.S. Suicide is a serious problem that affects people of all ages, races, and socioeconomic backgrounds.

However, it is important to know that suicide is preventable. With the right help and support, people can recover from suicidal thoughts and go on to live full and meaningful lives.



## How I Stayed Alive When My Brain Was Trying to Kill Me: One Person's Guide to Suicide Prevention

by Susan Rose Blauner

★★★★☆ 4.5 out of 5

Language : English  
File size : 1057 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 356 pages



## What are the warning signs of suicide?

There are a number of warning signs that may indicate that someone is at risk for suicide. These signs include:

- Talking about wanting to die or kill themselves

- Making plans or taking steps to end their life
- Expressing feelings of hopelessness, worthlessness, or guilt
- Withdrawing from friends and family
- Engaging in risky or self-destructive behavior
- Experiencing severe depression or anxiety

### **What should you do if you think someone is at risk for suicide?**

If you think someone is at risk for suicide, it is important to take action. Here are some things you can do:

- **Talk to the person.** Let them know that you care about them and that you're there for them. Listen to what they have to say and try to understand their perspective.
- **Ask them if they're thinking about suicide.** Don't be afraid to ask this question directly. It's important to know if the person is in immediate danger.
- **If the person says they're thinking about suicide, do not leave them alone.** Stay with them until you can get help.
- **Call 911 or the National Suicide Prevention Lifeline at 1-800-273-8255.** These resources can provide immediate help and support.

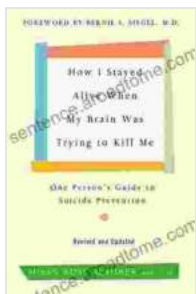
### **What are the resources available for suicide prevention?**

There are a number of resources available for suicide prevention. These resources include:

- **The National Suicide Prevention Lifeline: 1-800-273-8255**

- **The Crisis Text Line: Text HOME to 741741**
- **The Trevor Project: 1-866-488-7386**
- **The Jed Foundation: <https://www.jedfoundation.org/>**
- **The American Foundation for Suicide Prevention: <https://afsp.org/>**

Suicide is a serious problem, but it is preventable. With the right help and support, people can recover from suicidal thoughts and go on to live full and meaningful lives. If you're struggling with suicidal thoughts, please reach out for help. There are people who care about you and want to help you get through this difficult time.



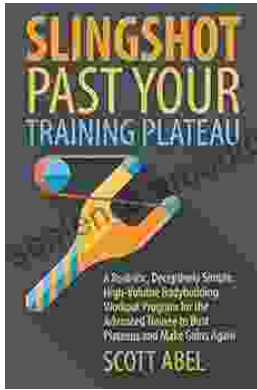
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