

1) \_\_\_\_\_  
 2) \_\_\_\_\_  
 3) \_\_\_\_\_

**MY TRUSTED ADULT!**  
 A **Trusted Adult** is someone who will act responsibly in helping you and the suicidal person. **Trusted Adults** are parents, youth leaders, teachers, guidance counselors, therapists....

# SUICIDE PREVENTION

## Resource Card

One of the greatest resources for dealing with pain is helping the person feel and believe that other people care, that they belong, and that someone is there who wants to help.

**TALK TO SOMEONE**  
**LISTEN**

### Referral Resources

#### Immediate Emergency Assistance

If you think someone is going to harm themselves **Right Now** call the police and give them the name and address of that person

- Local Police 911

#### Community Resources

- Milwaukee County Crisis Line 414-257-7222
- Mobile Urgent Treatment Team 414-257-8200
- Teen Crisis Line (Walker's Point) 414-647-8200
- Pathfinders 414-271-1560
- Warmline (Peer Support) 414-777-4729
- Hopeline text - 741741

#### Suicide Prevention Hotlines

- Suicide Prevention Lifeline 1-800-273-TALK
- TTY Accessible 1-800-799-4TTY
- National Hopeline Network 1-800-Suicide (1-800-784-2433)
- Trevor Hotline (LGBT) 1-866-488 7386

## Warning Signs for Suicide

Recognizing these warning signs might help prevent a suicide attempt

- Actively talking about suicide or making plans for suicide
- Thinking about death all the time.
- Focusing on music, art, or literature with death related themes or images
- Depression or other mental illness. Sudden changes in mood.
- Drug or alcohol abuse
- Giving away prized possessions
- Taking actions that are more risky, reckless or irresponsible than usual
- Unexplained anger, irritability or violent behavior
- Withdrawal from family and friends
- Feeling trapped or hopeless
- Self-destructive or self-harm behaviors

## How to Help a Suicidal Person

- Take all comments seriously
- Listen and give the person your full attention
- Avoid judging or making the person feel guilty
- If you are hearing or seeing any of the warning signs then ask directly, "Are you thinking about killing yourself?"
- Do not let the anxiety of a "yes" response prevent you from asking
- Do not promise you will keep a person's secret about suicide. Always enlist the support of a **Trusted Adult**
- Let them know that you are with them and they are not alone

**REFER, REFER, REFER**  
Tell a **Trusted Adult**, even when asked not to!!!