

## MENTAL HEALTH AND SUICIDE PREVENTION RESOURCES



24/7/365 CRISIS LINES



- Nevada County Crisis Line: (530) 265-5811
- National Suicide Lifeline: 988
- National Crisis Text Line: Text "HOME" to 741-741
- Trevor Project Lifeline (LGBTQ+): (866) 488-7386 / Text 678-678
- CA Youth Crisis Line: (800) 843-5200
- Mobile Crisis Team: (530) 265-5811
- Crisis Stabilization Unit (CSU) at Sierra Nevada Memorial Hospital
- Crisis Services at Tahoe Forest Hospital Emergency Department

# MENTAL HEALTH POCKET GUIDE



MENTAL HEALTH  
MATTERS  
NEVADA COUNTY



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## WARNING SIGNS OF SUICIDE



### TALKING ABOUT

- Wanting to die
- Great guilt or shame
- Being a burden to others



### CHANGES IN MOOD/BEHAVIOR

- Feeling hopeless, trapped or having no reason to live
- Increased alcohol and drug use
- Extremely sad, anxious, agitated, or full of rage
- Unbearable emotional/physical pain
- Withdrawing from friends or activities
- Saying goodbye, giving away important items or making a will
- Careless behavior (not caring about consequences)
- Eating or sleeping more or less

## IF SOMEONE IS SHOWING WARNING SIGNS OF SUICIDE OR YOU ARE CONCERNED ABOUT THEIR MENTAL HEALTH, YOU CAN HELP.



### CHECK-IN TO SEE HOW THEY ARE FEELING (TALK)

- Let them know you're concerned and why
- Ask: "Are you thinking about suicide?"



### LISTEN TO HOW THEY'RE FEELING AND WHY THEY'RE FEELING THAT WAY (LISTEN)

- Validate their feelings
- Let them know you care and want to help



### SHARE AND CONNECT THEM TO RESOURCES (CONNECT)

- Share options for getting help
- Help them connect to resources