What to Do If You Think Someone Is Having Suicidal Thoughts

1. **ASSESS** if someone you know exhibits any of the following suicide warning signs:
   - Talking about wanting to hurt or kill oneself
   - Looking for ways to kill oneself by seeking access to firearms, pills, or other means
   - Talking or writing about death, or suicide when this is out of the ordinary for the person
     Substance abuse—Excessive or increased  
     Purposeless—No reasons for living  
     Anxiety—Agitation/Insomnia  
     Feel trapped—Feeling there is no way out  
     Hopelessness  
     Withdrawing—From friends, family, society  
     Anger (uncontrolled)—Rage, seeking revenge
     Recklessness—Risky acts, unthinking  
     Mood changes (dramatic)

   Contact a mental health professional by calling the National Suicide Prevention Lifeline at 1-800-273-TALK (8255)

2. **ASK** the person directly:
   - “Are you thinking of ending your life?”
   - “Have you thought of ways that you might end your life?”
     ➢ “What are they?”
   - “Do you have (pills/weapons, etc.)?”
   - “Where are you located right now?” (If the person is not with you.)

3. **ACT**
   - If you think the person might harm him or herself, do not leave the person alone.
   - Say, “I’m going to call for some help.”
   - Call the National Suicide Prevention Lifeline, 1-800-273-TALK (8255). You will be connected to the nearest available crisis center. (www.mentalhealth.samhsa.gov/databases/)

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Counseling and Psychological Services  
Gillson Hall, Lower Level  (415) 422-6352  
8:30am- 5pm (Monday-Friday)
On-Campus Support:
CAPS Center: 415-422-6352 (Consultation, Crisis Assessment, Brief Therapy) (8:30am-5pm)
Public Safety (Emergency): 415-422-4222 (24 hours)

Community Support:
San Francisco Suicide Hotline (24 hours/day): 415-781-0500
Psych Emergency Services: 415-206-8125 (24 hours)
Westside Community Crisis: 415-355-0311 (Monday-Friday 8-6pm; Saturdays 9-5pm)
Mobile Crisis: 415-355-8300 (11a.m. to 11p.m.)

Organizations & Websites on Suicide Prevention

- American Foundation for Suicide Prevention   http://www.afsp.org
- American Association of Suicidology    http://www.suicidology.org
- Jed Foundation (self-evaluation tests)   http://www.jedfoundation.org
- Active Minds on Campus   http://www.activemindsoncampus.org
- Campus Blues   http://www.campushealthandsafety.org
- National Alliances On Mental Illnesses    http://nami.org

Books about Depression and Suicide
- DePaulo, J. Raymond, Understanding Depression. Wiley: 2002
  Explains the biological and genetic factors that contributes to bipolar disorder and depression
  Discuss suicide among the youth and among older people