

# RESOURCES FOR SUICIDE PREVENTION & RECOVERY

## SUGGESTED BOOKS



*Dying to Be Free: A Healing Guide for Families After a Suicide* by Beverly Cobain & Jean Larch

*I Wasn't Ready to Say Goodbye: Surviving, Coping and Healing After the Sudden Death of a Loved One* by Brook Noel & Pamela D. Blair, Ph.D.

*No Time For Goodbyes: Coping with Sorrow, Anger, and Injustice After a Tragic Death, 7th Edition* by Janice Harris Lord

*Reasons to Stay Alive* by Matt Haig

*Thirteen Reasons Why* by Jay Asher

*When Bad Things Happen to Good People* by Harold S. Kushner

## Crisis Lines

Boys Town National Hotline  
1-800-448-3000 or text 20121

Crisis Text Line | 741741

Nacional de Prevención del Suicidio  
1-888-628-9454

National Suicide Prevention Lifeline  
1-800-273-8255

Trans Lifeline | 1-877-565-8860

Trevor Lifeline | 1-866-488-7386

Veterans Crisis Line  
1-800-273-8255 (Press 1) or text  
838255

## Mobile Apps

Be Safe  
BeyondNow Suicide  
Safety  
TheHopeLine  
MY3  
Samaritans Self-Help  
Suicide Safe by  
SAMHSA  
The Virtual Hope Box

## WARNING SIGNS



## SERIOUS RISK



Talking about feeling trapped or in unbearable pain

### IMMEDIATE RISK

Talking about wanting to die or to kill oneself

Looking for a way to kill oneself, such as searching online or obtaining a gun

Talking about feeling hopeless or having no reason to live



Talking about being a burden to others

Increasing the use of alcohol or drugs  
Acting anxious or agitated; behaving recklessly

Sleeping too little or too much

Withdrawing or feeling isolated

Showing rage or talking about seeking revenge

Displaying extreme mood swings