

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



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



SERIOUS RISK

Talking about feeling trapped or in unbearable pain

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