**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**
  1-877-545-8860
- **Trevor Lifeline**
  1-866-488-7386
- **Veterans Crisis Line**
  1-800-273-8255 (Press 1) or text 838255

**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

Source: https://www.sprc.org/about-suicide/warning-signs

**Mobile Apps**

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

**Resources for Suicide Prevention & Recovery**