

Everyone goes through tough times at one point or another. If you or someone you know is feeling overwhelmed or in crisis, thoughts of suicide can happen. Feeling this way may be a sign that you have more pain than you can cope with at the moment. Talking about those thoughts can help you learn to cope more successfully.



## Learn the Warning Signs

**People who take their lives show one or more warning signs by what they say or do.**

### What They Do:

- Withdraw from activities
- Show restlessness or risky behaviors
- Isolate from family and friends
- Give things away
- Display aggression
- Increase use of drugs or alcohol
- Search online for methods to end their lives
- Sleep too much or too little

### What They Say:

- Feel hopeless or have no purpose
- Feel trapped or in unbearable pain
- Feel they are a burden to others
- Feel like they want to die or kill themselves

### What They Show:

- Any drastic changes in mood
- Depression
- Anxiety
- Loss of interest

### What You Can Do:

- **TALK** – Talking about suicide has been shown to help save lives. If you notice a loved one, coworker, friend or acquaintance behaving differently or displaying some of the warning signs of suicide, start a conversation.
- **LISTEN** – Take all threats seriously. Listen sensitively, carefully and without judgement. Someone in distress needs to be seen, heard and helped. Give them the opportunity to openly express their feelings. Follow your instincts and ask questions so you can understand the situation.
- **CALL** – 911 in an emergency or if you believe someone is in immediate danger. If the situation is not urgent, offer alternatives -- encourage the person to call the National Suicide Prevention Lifeline, **1-800-273-8255** or **211, Tampa Bay Cares hotline.**
- **PROTECT** – Remove means of suicide such as medications or weapons.
- **STAY** – If you believe someone is in immediate danger, stay with them until help can arrive.



# Help is Available

Here are some ways to reach out for help.

Call the National Suicide Prevention Lifeline 1-800-273-8255  
<https://suicidepreventionlifeline.org/chat/>

Call 2-1-1 Tampa Bay Cares. Dial 211, or text your zip code to 898211.  
<https://211tampabay.org/>

Trained counselors can provide support and connections to local resources.

More resources:

- Your primary care doctor
- Clergy or faith leader
- Trusted friend or family member



## About Zero Suicide Partners of Pinellas

Zero Suicide Partners of Pinellas is an alliance that has formed a county-wide system of care to create a better safety net for individuals who are struggling emotionally and are at risk of suicide. Participating organizations include:

- BayCare Health System
- Boley Centers
- Catholic Charities, Diocese of St. Petersburg, Inc.
- Central Florida Behavioral Health Network
- Community Health Centers of Pinellas, Inc.
- Directions for Living
- Florida Department of Health, Pinellas County,
- Florida Department of Juvenile Justice, Pinellas County
- Gulf Coast Jewish and Family Community Services
- Metro Inclusive Health
- National Alliance on Mental Illness (NAMI) Pinellas County
- Operation PAR, Inc.
- Personal Enrichment through Mental Health Services (PEMHS)
- Pinellas County Government
- Pinellas County Homeless Leadership Board
- Pinellas County Schools
- Public Defender, Sixth Judicial Circuit
- Suncoast Center, Inc.
- 2-1-1 Tampa Bay Cares
- Westcare Gulfcoast-Florida, Inc.

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## Talking Helps

## Zero Suicide Partners of Pinellas

