



# HELP IS JUST A CALL AWAY.

The following call lines and services are available for YOU in your time of need.

## Adult Crisis and Suicide

Crisis Support Services of Nevada

Will answer 24/7.

All ages welcome.

Call 1 (800) 273-8255  
or text "CARE" to 83963

### Nevada Warmline

Speak with a trained peer from  
NAMI with similar experiences.

(775) 241-4212

## Youth Crisis and Suicide

Mobile Crisis Response Team

for youth. Available 24/7.

Rural line: (702) 486-7865

[www.kNOwcrisis.com](http://www.kNOwcrisis.com)

## Veteran Crisis

Veterans Crisis Line

Call 1 (800) 273-8255, Press 1

## Health Care Workers

Nevada HealthCARES Warmline  
is open Monday through Friday  
from 8 a.m. to 8 p.m. at (833) 434-  
0385.

## Adult General Support

NAMI Nevada Helpline

Will provide follow-up.

(775) 470-5600

Rural Clinics Immediate Mental  
Health CARE Team

Telephone Triage open 24/7.  
Clinicians available 9am-6pm,  
7 days a week  
1 (877) 283-2437

## Law Enforcement and First Responders

Northern Nevada Peer Support  
Network <https://www.nnpsn.com/>

## Substance Abuse Help Line

775-825-4357 or 1-800-450-9530

## Invitations for Help

- Talking about wanting to die or killing oneself
- Searching for ways and items to use to kill oneself.
- Talking about hopelessness or lack of purpose in life.
- Talking about feeling trapped or in unbearable pain.
- Talking about being a burden to others.
- Increasing alcohol or drug use.
- Showing anxiety or agitation; behaving recklessly.
- Recognized changes in sleep or eating habits.
- Withdrawing or isolating.
- Raging or seeking revenge.
- Extreme mood swings.

For more information on suicide prevention, risks, resources and data visit:

<http://suicideprevention.nv.gov/>

## Crisis Call Lines

### National Suicide Prevention Lifeline

1-800-273-8255

### Text Line--741-741

Text start, home or talk

### Crisis Support Services of Nevada

775-784-8090

### Youth Crisis Support

#### Mobile Crisis Response Teams

775-334-2677

#### SafeVoiceNV.org

anonymous crisis reporting  
1-833-216-7233

### Adult Crisis Support

#### Mobile Outreach Services Team

775-334-2677 (Reno/Sparks)

#### Las Vegas Metro Police

702-828-3111

#### CARE Team

1-877-283-2437 (Rural NV)

# Suicide Prevention

Help, Hope, Healing



Suicide Prevention is Everyone's Business.

## Show Concern

**Listen.** Let the other person do the talking. This time is for them. Genuinely care about their feelings and listen intently to **recognize the invitations for help** listed in this brochure.

Show you care by asking about their sleep and eating patterns. **Express your concerns** if they are isolating or withdrawing. Tell them unhealthy patterns can make it harder to cope.

Remind your friend you will **be available** to help them through this struggle.

Repeat **what you heard** which **causes you to worry** for their well being and safety.

Then **ask about suicide.**

## Ask Directly

If you believe the person is thinking about suicide, ask, "**Are you thinking about suicide?**" Be direct. It is important to know just how serious the crisis is.

Asking a less direct question like, "You're not going to do something crazy, are you?" may show you are not comfortable talking about suicide.

**Ask because your friend may not be able to tell you unless you ask.**

Asking is not easy. If you can't ask, **find someone who can ask.**

## Get help

Getting help to cope with the crisis is **extremely important for your friend.**

Encourage your friend and provide emotional support while they **call or talk with supportive trusted family, friends or a professional counselor.**

If personal resources are not available or safe, **access the resources on the back of this brochure.**

### Long distance help

If you are not physically with your friend, ask them if you can conference call one of the resources listed on this brochure. Or if possible ask your friend to seek help while you **stay on the line with them.** If you have to hang up, ensure them you will **follow up** to see how things went.

**Reassurance of a supportive friend is priceless.**

## Stay Connected

Spend time with your friend-- **laughter and physical activities are helpful.**

**Keep watch for the Invitations for Help, but** don't make your relationship only about keeping your friend safe. Your friend needs to **get back to the healthier, happier life** you had with them before the crisis.