



# CITY OF STANFORD

PUBLIC SERVICE ANNOUNCEMENT – Suicide Awareness



03/15/2021

## National Suicide Prevention Lifeline

1-800-273-8255(TALK)

**Wireless customers may now dial 988 or 1-800-273-8255 to reach the LifeLine now. Landline customers must continue to dial 1-800-273-8255(TALK) to reach the Lifeline until July 16, 2022.**

Suicide prevention starts with recognizing the warning signs and taking them seriously. If you think a friend or family member is suicidal, there's plenty you can do to help save a life. Most suicidal individuals give warning signs or signals of their intentions. The best way to prevent suicide is to recognize these warning signs and know how to respond if you spot them. If you believe that a friend or family member is suicidal, you can play a role in suicide prevention by pointing out the alternatives, showing that you care, and getting a doctor or psychologist involved.

**Take any suicidal talk or behavior seriously. It's not just a warning sign that the person is thinking about suicide—it's a cry for help.**

<https://suicidepreventionlifeline.org/>

We can all help prevent suicide. The Lifeline provides 24/7 free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.