

What to do if a friend/loved one is in crisis

Website with helpful information on suicide warning signs, stats/facts, and how to get help:
<https://afsp.org/about-suicide/risk-factors-and-warning-signs/>

How to talk to someone who may be struggling with their mental health:

- Talk to them in private
- Listen to their story
- Tell them you care about them
- Ask directly if they are thinking about suicide
- Encourage them to seek treatment or to contact their doctor or therapist
- Avoid debating the value of life, minimizing their problems or giving advice

If a person says they are considering suicide:

- Take the person seriously
- Stay with them
- Help them remove lethal means
- Call the National Suicide Prevention Lifeline: 1-800-273-8255
- Text TALK to 741741 to text with a trained crisis counselor from the Crisis Text Line for free, 24/7
- Escort them to mental health services or an emergency room

Additional resources:

- DGSOM Medical and Graduate Student Crisis Resource:
<http://www.counseling.ucla.edu/Services/Are-you-in-a-Crisis>
- National Suicide Prevention Hotline (24 hours): (800) 273-TALK (8255) or chat online
- Crisis Text Line (24 hours): Text 741-741 from anywhere in the USA, anytime, about any type of crisis
- Ronald Reagan UCLA Medical Center
(310) 825-9111 Main line
(310) 825-2111 Emergency Department
- Los Angeles Suicide Prevention Center:
(310) 391-1253
- Los Angeles County Psychiatric Emergency Team:
(800) 854-7771
- California Medical Association (CMA): Confidential Hotline for Substance Abuse or Psychological Problems
(213) 383-2691