

SUICIDE

Protective Factors:

- Effective clinical care for mental, physical and substance use disorders
- Easy access to a variety of clinical interventions and support for help seeking
- Restricted access to highly lethal means of suicide
- Strong connections to family and community support
- Support through ongoing medical and mental health care relationships
- Skills in problem solving, conflict resolution and nonviolent handling of disputes
- Cultural and religious beliefs that discourage suicide and support self-preservation

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However, positive resistance to suicide is not permanent, so programs that support and maintain protection against suicide should be ongoing.

Resources:

- If you are in a life threatening situation, call 9-1-1 immediately. If you are in crisis, dial 2-1-1 in Connecticut.
- Outside Connecticut call the National Suicide Prevention Lifeline 1-800-273-8255 211 Helpline Center. Provides callers with information about and referrals to social services for everyday needs and in time of crisis.
- National Suicide Prevention Lifeline: 1-800-273-8255. Online chat also available (available 24 hours)
- Crisis Text Line: www.crisistextline.org Text 741741
- Text HOME to 741741 from anywhere in the United States, anytime, about any type of crisis.
- Gay & Lesbian Youth Crisis/Suicide Hotline (The Trevor Project) www.thetrevorproject.org. (866) 488-7386