

# MENTAL HEALTH SAFETY & SUICIDE PREVENTION



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If someone you know is planning to hurt or kill themselves or someone else, don't wait - **take them directly to your local crisis center or call 911.**



## learn the signs.

### Behaviors like...

- Looking for a way to harm/kill themselves -- searching online or buying a weapon
- Isolating
- Using more drugs/alcohol than usual
- Sleeping too much or too little
- Lashing out, acting recklessly or agitated

### Emotions like...

- Anxious or restless
- Rage or anger
- Extreme mood swings and sadness

### Talking about...

- Wanting to die or kill themselves
- Feeling hopeless or having no reason to live
- Being in unbearable pain and/or a burden to others
- Seeking revenge

## ask...& listen.

- **Ask them, straight out**, "are you thinking of killing yourself?"
- Asking about suicide **will not** put the idea in their head - but it will make them more likely to talk to you if they're having suicidal thoughts.
- **Listen to their reasons** for being in emotional pain as well as reasons to stay alive
- Focus on listening and showing compassion for the pain they are in rather than trying to help them be logical.

## help them get connected.

- **Discuss safety:**
  - Are they at risk right now? Do they have a weapon, a plan, etc.?
- Talk about friends, family, and professionals who can help support them.
- Take them to the hospital or call 911 if it's an emergency - **don't wait.**
- Support them in making a plan to stay safe. Access resources together:
  - Make a safety plan online:
    - [www.mysafetyplan.org](http://www.mysafetyplan.org)
  - **NAMI Helpline: 800-950-6264**, Mondays - Fridays 10am-10pm to help with finding community support or other resources
  - **SAMHSA:** [samhsa.gov/find-help](http://samhsa.gov/find-help)

## LOCAL CRISIS CENTERS:

### Adults (all open 24/7):

- **Friends Hospital**
  - (215) 831-2600
  - 4641 Roosevelt Blvd., Philadelphia, PA 19124
- **Mercy Hospital**
  - (215) 748-9525
  - 501 S. 54th St., Philadelphia, PA 19143
- **Einstein Medical Center**
  - (215) 951-8300
  - 5501 Old York Rd., Philadelphia, PA 19141
- **Pennsylvania Hospital (Hall Mercer)**
  - (215) 829-5433
  - 800 Spruce St., Philadelphia, PA 19107
- **Temple/Episcopal Hospital**
  - (215) 707-2577
  - 100 E. Lehigh Ave., Philadelphia, PA 19125

### Children/Youth (hours vary):

- **Philadelphia Children's Crisis Response Center**
  - Open 24/7
  - (215) 878-2600
  - 3300 Henry Ave. Falls Two Building, 3rd Floor, Philadelphia, PA 19129
- **PATH Urgent Care Center**
  - 11am-6pm only
  - (215) 728-4651
  - 1919 Cottman Avenue, Philadelphia, PA 19111

## CRISIS HOTLINES:

### • Suicide & Crisis Lifeline:

- Call or text 988 or
- Chat online at:
  - [988lifeline.org/chat](https://988lifeline.org/chat)

### • Crisis Text Line:

- Text 'HOME' to 741741 or
- Chat online at:
  - [crisistextline.org](https://crisistextline.org) and click "chat with us"

### • Philadelphia Crisis Line:

- (215) 685-6440
- 24 hrs/7 days a week

• **If you or someone you know is experiencing a crisis and needs help immediately:**

- Call 911
- Go directly to your local hospital or crisis center

