



LA FRONTERA ARIZONA

IMPACT - SUICIDE PREVENTION CENTER

Warning Signs of Suicide:

- Recurring thoughts of Death/Suicide
- Previous suicide attempt
- Drastic changes in behavior
- Withdraws from friends or social activities
- Giving away prized possessions
- Increased use of alcohol or drugs
- Recent significant losses

How to Help:

- Be direct and show you care:
 “I don’t want you to kill yourself”
- Ask questions and be willing to listen
- Don’t discount or minimize the person’s feelings
- Tell others your concern –
 Don’t keep it a secret
- Stay with your friend until you get help.
 Remove means (guns, pills, etc.)
- Call for help – a crisis line, doctor or trained professional

IMPORTANT PHONE #'S

Call 911 in an emergency

Crisis/Suicide Hotlines:

- ***La Frontera Arizona/EMPACT – Suicide Prevention Center***

- ***24-hour Crisis Hotline***

480-784-1500

- ***National Lifeline Network***

800-273-TALK

- ***Maricopa County Crisis Hotline***

800-631-1314

800-327-9254 (TTY)

Teen 24-Hour Hotlines:

- ***Teen Lifeline*** 602-248-TEEN

- ***Youth America*** 877-YOUTHLINE



LA FRONTERA
ARIZONA

EMPACT - SUICIDE PREVENTION CENTER

***Your Partner for a Safe, Strong, and
Healthy Community.***

24-Hour Crisis Hotlines:

(480) 784-1500 or

Tel (480) 784-1514 (Main Line)

www.empact-spc.com

Accredited by the American Association of Suicidology