

Additional Resources

New Jersey's 24/7 Peer Support
and Suicide Prevention Hotline
1-855-NJ-HOPELINE (654-6735)
<http://www.njhonline.com/>

NJ Mental Health Cares
866-202-HELP (4357)

Peer Recovery WarmLine
877-292-5588

Crisis Text Line
Text "NJ" to 741741

New Jersey Vet2Vet
866-VETS-NJ4 (838-7654)

COP 2 COP
866-COP-2COP (267-2267)

National Suicide Prevention Lifeline
1-800-273-TALK (8255)



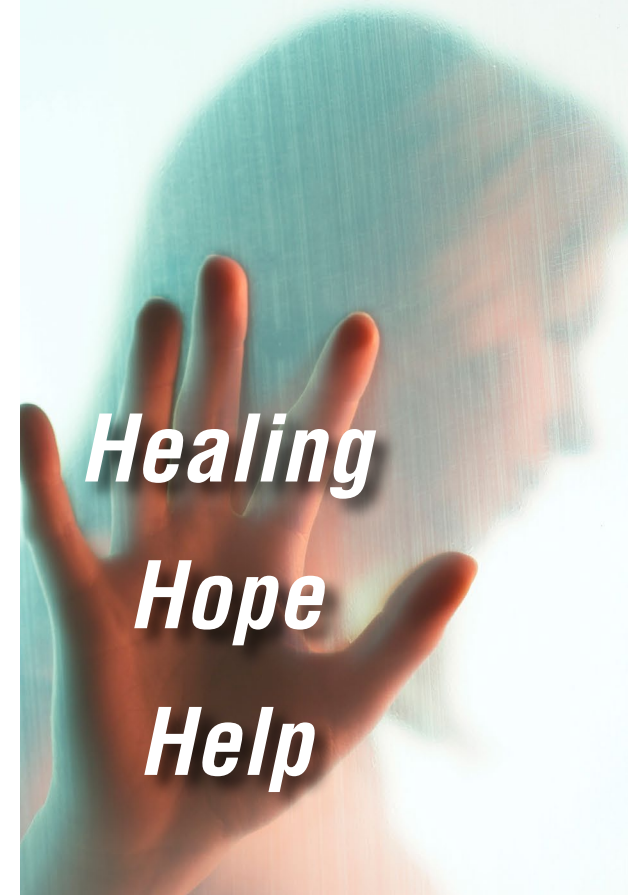
NJ Department of Human Services
Division of Mental Health
and Addiction Services

5 Commerce Way, Suite 100
PO Box 362
Hamilton, NJ 08691

1-800-382-6717
<http://www.nj.gov/humanservices/dmhas>

Produced by NJ DHS

Suicide Is Preventable



Healing
Hope
Help

NJ Department of Human Services
Division of Mental Health and
Addiction Services

Warning Signs of Suicide

Writing or talking about suicide, death, or the wish to die

- ❑ “I would be better off dead.”
- ❑ “I have no reason to live.”
- ❑ “Everyone would be happier if I weren’t here.”

Buying or storing things that could be used for suicide

- ❑ Purchasing or collecting medications, guns and ammunition, or other weapons
- ❑ Searching the internet for suicide methods

Preparing for their own death

- ❑ Making sure that children, pets, or elderly parents will be cared for
- ❑ Updating wills, making financial arrangements for paying bills after death
- ❑ Saying goodbye to loved ones
- ❑ Giving away possessions

These signs are even more dangerous if the person has:

- ❑ Attempted suicide in the past
- ❑ A family member or close friend who died by suicide
- ❑ Plans to use and access to an effective suicide method (e.g., a gun)

Building Your Inner Sources of Strength

Social Support System

- ❑ Work to build and maintain strong bonds to your family and community.
- ❑ Identify and know people who can offer support or distraction in times of crisis.
- ❑ Reach out! Some people with depression or suicidal thoughts isolate themselves from others. Make the effort to reconnect.
- ❑ Identify your sources of strength.

Positive Personal Traits

- ❑ Keep a positive attitude toward seeking help when needed.
- ❑ Learn to improve impulse control, problem-solving, coping and conflict resolution.
- ❑ Use leisure time constructively.
- ❑ Make time for activities you enjoy.

Access to Health Care

- ❑ Make an effort to participate in therapy or treatment.
- ❑ Maintain your general health and wellness.

Everyone Has a Role in Helping to Prevent Suicide

What You Can Do

- ❑ Know the common warning signs and risk factors.
- ❑ Be supportive, active & aware.
- ❑ Keep hotline numbers handy and use them when needed.
- ❑ Reach out and seek help — learn about treatment options.
- ❑ Develop a Safety Plan (SP) and/or a Wellness Recovery Action Plan (WRAP).

In an emergency call 911.

If you need help or know someone who does, contact the NJ Suicide Prevention

***HopeLine:
855-654-6735***

***Anonymous and confidential resource for youth:
2nd Floor Youth Helpline
888-222-2228***

***24 hours a day,
7 days a week***