

# Suicide

If you are considering suicide and have a plan, please call 911 or visit the nearest emergency room.

## Warning Signs of Suicide

Warning signs of suicide include:

- Depression, including excessive sadness or moodiness
- Sudden calmness, which could be a sign a person is planning to end their life
- Withdrawal from friends or social activities
- Changes in appearance or personality
- Dangerous behavior, like drug or alcohol use
- Recent trauma or life crisis such as the death of a loved one or loss of a job
- Making preparations like making a will, giving away possessions
- Making suicidal threats

## What to do if a friend is struggling

Questions to Ask?

- How are you coping with what is happening in your life?
- Do you ever feel like giving up?
- Are you thinking about dying?
- Are you thinking about suicide?
- Have you ever thought about suicide or tried to harm yourself?
- Have you thought about how or when you would do it?
- Do you have access to weapons or things that can be used to harm yourself?

*If it is clear that your friend is in danger of hurting themselves, ASK FOR HELP. Do not try to handle the situation yourself. Notify authorities, or encourage your friend to go to a local Emergency Room for immediate help.*

## Community Resources

School Resources:

- Bluefield State College Suicide Prevention Resource Center
- (304) 327-4567
- Available Monday-Friday, 8am-4pm

WV Resident Resources:

- WV Hotline: 1-844-Help4WV
- Beckley: 304-256-7100 (FMRS Health Systems located at 101 S. Eisenhower Drive, Beckley. Walk-Ins Accepted M-F, 8am-5pm or direct admission 24hr/day, 7 days/week)

In Lewisburg:

- Seneca Health- Monday through Friday 8-5
- (304) 641-7911

National Resources:

- Hotline: 1-800- SUICIDE
- NATIONAL SUICIDE PREVENTION HOTLINE: 1-800-273-TALK
- <https://suicidepreventionlifeline.org/chat> (available 24/7)
- Crisis Text Line: Text HOME to 741741

LGBTQ Youth:

- 866-488-7386
- Text START to 678678 (limited hours)

Veteran Resources:

- 800-273-8255, press 1
- Text 838255
- Chat: [www.veteranscrisisline.net/get-help/chat](http://www.veteranscrisisline.net/get-help/chat)



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- National Suicide Prevention Lifeline. (n.d.). Retrieved from <http://suicidehotlines.com/westvirginia.html>