



How to Manage Suicidal Thoughts

It is important to get help if you are experiencing suicidal thoughts or thoughts about death. This resource gives some information about support and resources that are available to people who may experience suicidal thoughts.

What can I do if I'm having suicidal thoughts?

Tell Someone

Talk to someone you trust (parent, teacher, doctor, friend, etc.) about the thoughts you are having. They may ask questions about your thoughts and if you have plans to harm yourself. They may lock up or keep any weapons, medicines, or items that may cause harm. They can help get you connected to people who can help you feel better.

Call 911 if You Need Immediate Help

The emergency workers will help you get to a hospital where you can get help.



Call Your Local Crisis Intervention Center

County Crisis Intervention Teams are trained professionals that can help in a mental health emergency. Check out ASERT'S County Government Office page for a list of contact numbers for each county's crisis intervention team.

Call the National Suicide Prevention Center

This hotline has trained professionals to help people who are experiencing suicidal thoughts. Call or text 988 for help. They will talk you through what is going on and help connect you to supports.

Meet with a Therapist or Psychiatrist

You can talk to a mental health professional to learn healthy coping strategies. Mental health professionals can help you decide if more services are needed for you.

Make a Safety Plan

Work with a trusted person to develop a plan of what to do if you are having suicidal thoughts. The plan should include triggers for these thoughts, healthy coping strategies, distraction techniques, sources of comfort (pets, interests, emotional objects), and contact information of who to go to when you need help. Check out ASERT's resource Safety Plan for an example of a safety plan.