



Reach for Resilience

Helpline for
ND Healthcare Workers

Call us at:
701-365-4920

In a crisis? Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255)

Are you having thoughts of Suicide?

Know the signs

- ◆ Talking about wanting to die or to kill oneself
- ◆ Looking for a way to kill oneself, such as searching online or obtaining a gun
- ◆ Talking about feeling hopeless or having no reason to live
- ◆ Talking about feeling trapped or in unbearable pain
- ◆ Talking about being a burden to others
- ◆ Increasing the use of alcohol or drugs
- ◆ Acting anxious or agitated; behaving recklessly
- ◆ Sleeping too little or too much
- ◆ Withdrawing or feeling isolated
- ◆ Showing rage or talking about seeking revenge
- ◆ Displaying extreme mood swings

What to say

- ◆ "Are you thinking about killing yourself?"
- ◆ "Does it ever get so tough that you think about ending your life?"
- ◆ Reassure them that help is available, and that these feelings are a signal that it's time to talk to a mental health professional.
- ◆ "Can I help you get connected to resources that can help?"

Who to talk to

- ◆ National Suicide Prevention Lifeline
- ◆ FirstLink – they can provide referrals and resources to find a MH professional in your area

Featured App: Columbia Protocol

The Columbia-Suicide Severity Rating Scale (C-SSRS), the most evidence-supported tool of its kind, is a simple series of questions that anyone can use anywhere in the world to help prevent suicide.

	Past Month
1) Have you wished you were dead or wished you could go to sleep and not wake up?	
2) Have you actually had any thoughts about killing yourself?	
If YES to 2, answer questions 3, 4, 5 and 6 If NO to 2, go directly to question 6	
3) Have you thought about how you might do this?	
4) Have you had any intention of acting on these thoughts of killing yourself, as opposed to you have the thoughts but you definitely would not act on them?	High Risk
5) Have you started to work out or worked out the details of how to kill yourself? Do you intend to carry out this plan?	High Risk
Always Ask Question 6	
	Life-time Past 3 Months
6) Have you done anything, started to do anything, or prepared to do anything to end your life? <small>Examples: Collected pills, obtained a gun, gave away valuables, wrote a will or suicide note, held a gun but changed your mind, cut yourself, tried to hang yourself, etc.</small>	High Risk

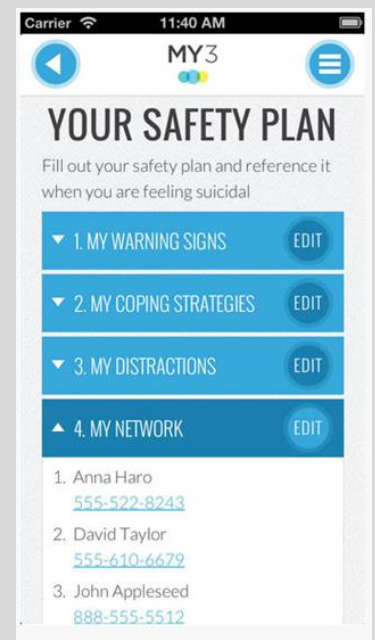


Any YES indicates that someone should seek a behavioral health referral. However, if the answer to 4, 5 or 6 is YES, seek immediate help: go to the emergency room, call 1-800-273-8255, text 741741 or call 911 and STAY WITH THEM until they can be evaluated.



Featured App: MY3

MY3 is a free app that features a support system, safety plan, and resources to be used as a tool when having thoughts of suicide. Personalize MY3 by adding other suicide prevention resources and websites that help you feel better and stay safe.



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