

These resources are available to students 24 hours a day, 7 days a week. We urge friends and family to speak up when they are concerned about another's mental health.

During school hours: Teachers, staff, counselors, and administrators can help get students to the right support in the Guidance Office.

Outside of school hours: The resources below can be accessed at any time of the day or night. Follow up support can still be provided in the Guidance Office.

HOTLINES

Support Hotline: 330-434-9144
National Lifeline: 1-800-273-TALK
Trevor Hotline: 1-866-488-7386

CRISIS TEXT LINE

Text: 4hope to 741741

TWITTER

Lifeline: @800273TALK

WEBSITES

suicidepreventionlifeline.org (suicide prevention info)
werhere4u.org (mental health info 4 teens)
thetrevorproject.org (crisis help for LGBTQ teens)

If you believe someone may be thinking about suicide:

<https://www.samhsa.gov/suicide-prevention>

- Ask them if they are thinking about killing themselves. (This will not put the idea into their head or make it more likely that they will attempt suicide.)
- Listen without judging and show you care.
- Stay with the person (or make sure the person is in a private, secure place with another caring person) until you can get further help.
- Remove any objects that could be used in a suicide attempt.
- Call SAMHSA's National Suicide Prevention Lifeline at 1-800-273-TALK (8255) and follow their guidance.
- If danger for self-harm seems imminent, call 911.