

Warning Signs of Suicide

Warning signs are early, detectable signs that indicate an increased risk for suicide.

Call 9-1-1 or seek immediate help from a mental health provider when you hear or see any one of these behaviors:

- Someone threatening to hurt or kill themselves
- Someone looking for ways to kill themselves: seeking access to pills, weapons, or other means
- Someone talking or writing about death, dying, or suicide

If you are concerned about someone because their behavior has changed and they are exhibiting any of the warning signs of suicide listed below, call the Access & Crisis Line at (888) 724-7240 –available 24/7.

- Hopelessness
- Rage anger, seeking revenge
- Acting reckless or engaging in risky activities
- Feeling trapped—like there's no way out
- Increasing their use of alcohol or drugs
- Withdrawing from family, friends, and society
- Anxiety, agitation, unable to sleep, or sleeping all the time
- Dramatic mood changes
- Feelings of having no reason for living or no sense of purpose in life

Courtesy of www.sprc.org

It's up to us and together we can prevent suicide.



Access & Crisis Line

(888) 724-7240

Chat Services: www.up2SD.org/hotline

If you need information for you or a loved one about how to handle a mental health crisis, you can talk to a trained professional to help with your specific situation. The Access & Crisis Line is confidential and available 24/7 in all languages. TDD is available for the hearing impaired at (619) 641-6992.

2-1-1

Dial "2-1-1"

www.211sandiego.org

Serving all of San Diego County, including veterans and active military, 2-1-1 connects people with a variety of community, health, and disaster services, through a free, 24/7 stigma-free phone service.

It's Up to US

www.Up2SD.org

The It's Up to Us campaign is designed to empower San Diegans to talk openly about mental illness, recognize symptoms, utilize local resources, and seek help. For local suicide prevention resources, click on "Suicide Prevention" under the "Find Help" tab.

Mental Health First Aid

www.mhasd.org

The Mental Health First Aid Training Program is a 8 hour certification course created to give participants the means to intervene in psychiatric emergencies until professional help arrives and to improve mental health literacy.

To schedule your own QPR Gatekeeper Training, contact Susana Bustamante at 858-609-7971 or sbustamante@sdchip.org

For more information, visit: www.spcsandiego.org



COMMUNITY HEALTH
IMPROVEMENT PARTNERS
making a difference together



San Diego County Suicide Prevention Council

www.sdchip.org

A community-wide effort to provide oversight, guidance, and collective support to implement local suicide prevention.

National Alliance on Mental Illness (NAMI) San Diego

(619) 543-1434
namisandiego.org

An organization that educates the public about mental illness, offers resources to those in need, and insists that mental illness become a high priority

San Diego Network of Care

sandiego.networkofcare.org

An information portal on community mental health services, substance use treatment programs and help for people with developmental disabilities

Veteran Crisis Line

1-800-273-8255
www.veteranscrisisline.net

Confidential help for veterans and their families who are in crisis with qualified Veterans Affairs responders

HERE Now Program

www.sdyouthservices.org

A San Diego Youth Services program that provides a multi-level suicide prevention and early intervention program for youth in school and community settings.

Survivors of Suicide Loss (SOSL)

www.soslsd.org

An organization providing safe and comfortable environment for people who have lost a loved one to suicide.

American Foundation for Suicide Prevention

www.afsp.org

An organization raises awareness, funds scientific research and provides resources and aid to those affected by suicide.

How to Access Mental Health Services

Medi-Cal Fee For Service

Individuals on Medi-Cal in need of mental health services, should be referred to 2-1-1.

Medi-Cal Managed Care

There are several Medi-Cal Managed Care Plans in San Diego County. Specialty Mental Health Services are not covered by the Medi-Cal Managed Care plans. Like regular Medi-Cal, coverage is through the County of San Diego Behavioral Health Services. Medi-Cal Managed Care members in need of Specialty Mental Health Services should be referred to the San Diego Access and Crisis Line.

Medicare

Individuals on Fee for Service Medicare should consult with their Primary Care Doctor to get a referral to a mental health provider. Individuals on a Medicare HMO should contact their health plan for a referral to a network provider.

Uninsured

If someone is uninsured and in need of mental health services, they should be referred to 2-1-1 or San Diego Access and Crisis Line at: (888) 724-7240.

Private Insurance

Privately insured individuals in need of mental health services should be referred to their individual health plan for a referral. Most health insurance health plans have their own network of mental health providers.

Senior Mental Health

Provides emergency mental health screening and evaluation to seniors. Short-term crisis intervention services are provided by telephone or to the home.
1-800-510-2020

Jewish Family Service Patient Advocacy Program

The JFS Patient Advocacy Program represent patients in inpatient psychiatric hospitals, respond to inpatient psychiatric grievances and complaints, provide residential advocacy, advocate for patients' rights.

Information & Assistance

619-282-1134 or 1-800-479-2233

www.jfssd.org/patientadvocacy



COMMUNITY HEALTH
IMPROVEMENT PARTNERS
making a difference together

