

Emergency Hotlines

Local Emergency Phone Number: Dial 911

The National Suicide Prevention Hotline: (800) 273-TALK (8255)

SAMHSA Treatment Referral Helpline: (877) SAMHSA7 (726-4727)

Suicide Prevention Text Line: Text the Phrase HELPNOW to 20121

Indiana State Suicide Prevention Advisory Council: <http://www.in.gov.issp>

Teen Suicide Hotline: (800) SUICIDE or (800) 784-2433

Indiana Child Abuse & Neglect Hotline: (800) 800-5556

National Domestic Violence Hotline: (800) 799-7233

National Elder care Institute & Neglect Hotline: (320) 831-3525

Elder Abuse & Neglect Hotline: (800) 992-5757

Indiana Elder Abuse Hotline: (800) 992-6978

Online Elder Abuse Report: <https://ddrsprovider.fssa.in.gov/APSONlineReporting>

Suicide? What can you do to help?

If a person says they want to die by suicide, and if there is no danger to you, don't leave the person alone. Ask the person if he/she has thought about how and when they will do it, if they have obtained the necessary items, and where those items are located. Let the person know that suicidal thoughts are common, but most people do not ever act on them. Ensure the person knows that you are willing to listen and help in any reasonable way. Let the person know that there are professionals who could help, and ask if he/she would want your help in contacting someone. If suicide seems very likely or if the person is a child, call 911 or a Crisis Intervention Team. Your willingness to listen and help could save a life.

United Way Help Line: Dial 211

National Crisis Text Line: 741741

The Lifeline on Twitter: @800273TALK

The Trevor Project: (866) 488-7386

Trans Lifeline: (877) 565-8860

Veterans Crisis Website & Chat: www.veteranscrisisline.net

Veteran Crisis Line: (800) 273-8255 Press 1

Veterans Text Line: 838255

Provided by Pam Tina, Certified Mental Health First Aid and YOUTH Mental Health First Aid certification instructor. To find a class or for information, contact us at MHFA@educationwellness.org or call (317) 922-8022.