

## Tips from Suicide.org

### How to help a suicidal person

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- **Always take suicidal comments very seriously**

*Assuming that the person is only seeking attention is a very serious, and potentially disastrous, error.*

*Get help immediately.*

- **Follow the information that is on the home page for Suicide.org**

*Dealing with a person who is suicidal is not easy, so following what is on the home page of Suicide.org can help you*

- **Get help immediately. Call 911 or Utah County Crisis Line  
801-691-LIFE(5433)**

*And always remember that you need to call 911 or your local emergency number immediately for anyone who is at a high risk for suicide. Do not hesitate.*

- **Try not to act shocked**

*The person is already highly distressed, and if you are shocked by what is said, the person will become more distressed. Stay calm, and talk with him or her in a matter-of-fact manner, but get help immediately.*

- **Do not handle the situation yourself**

*A suicidal person needs immediate assistance from qualified mental health professionals. Again, **call 911 or Utah County Crisis Line 801-691-LIFE (5433)***

*And do not allow untrained individuals to act as the only counselors to the individual.*



## Suicide Prevention resources for Utah County



## Where to get help:

### ***Crisis Help***

#### **Utah County Crisis Line**

*Let us be your life line*  
Free help 24 hours a day  
801-691-LIFE(5433)

#### **Wasatch Mental Health**

*Embracing Wellness*  
750 North Freedom Blvd. Provo  
24 Hour Crisis Line:  
801-373-7393

#### **Veterans Crisis Line**

*The power of 1 can save a life*  
*Confidential help for veterans and*  
*their families*  
1-800-273-8255 (Press 1)  
Or Text to 838255  
to get help NOW!

Confidential Veterans Chat  
[www.veteranscrisisline.net](http://www.veteranscrisisline.net)

### ***Educational Help***

#### **BYU Comprehensive Clinic**

*Effective, convenient, and affordable*  
*mental health services to eligible, local*  
*community members.*

801- 422-7759

#### **Hope4Utah**

*Providing hope and promoting change*  
*Combines school programs, community*  
*connections and mental health*  
*partnerships*

[www.Hope4utah.com](http://www.Hope4utah.com)

#### **National Alliance for Mental Illness (NAMI) Utah County**

*You are not alone. Find help with NAMI.*  
*Monthly presentations and support*  
*groups*

Karen Salisbury: 801 492-4443  
[ksalsy@comcast.net](mailto:ksalsy@comcast.net)

### ***Long Term Help***

#### **American Foundation for Suicide Prevention**

*Understanding and preventing*  
*suicide through research,*  
*education, and advocacy*

Taryn Aiken 801-836-0958

[utah@afsp.org](mailto:utah@afsp.org)

#### **Heart and Soul Suicide Survivors Group**

*Support group for anyone who has*  
*been affected by the suicide of a*  
*loved one*

Meets at 7:00 pm the 2nd  
Thursday of the month at North  
West Plaza Room #6  
1134 North 500 West Provo

Amanda 801-616-9137

#### **Provo Canyon Behavioral Hospital**

*Innovative programs for treating*  
*those struggling with addictions,*  
*emotional, and or behavioral*  
*problems.*

801-852-CARE (2273)