## Messages to promote

### Suicide

**Warning Signs**

There is often not a single cause of suicide. For many people, it is the result of multiple stressors and health issues. Learn the warning signs, and if you or someone you know may be at risk of suicide, get help immediately.

Many people who die by suicide show one or more warning signs, often through what they say or do. Here are some warning signs:

Talk: a person talks about feeling hopeless or trapped, feeling like a burden, having no reason to live

Behavior: change in behavior, increased drug or alcohol use, searching for suicide methods, withdrawing from people or activities, sleeping too much or too little, aggression

Mood: depressed, anxious, lose interest in doing things, irritable, humiliated, ashamed and agitated

**Positive – Treatment is possible**

Suicide can be prevented. You can help yourself and others. Know the risk factors, recognize the warning signs and reach out to get help before and during a crisis.

**Get Involved**

Learn the Signs - Take a few minutes to learn the warning signs of suicide.

 Know How to Help - You CAN help. Know what to say and do if someone you care about is suicidal.

 Practice Self-Care - Make mental wellness a priority in your life.

 Reach Out - Help is available and recovery is possible.

 Spread the Word - Talk to people about mental health and well being.

 Learn more at [TAKE 5 TO SAVE LIVES](https://www.take5tosavelives.org/take-5-steps)

### Mental Health

**Mental Health During COVID**

**Compassion, Mindfulness and Radical Self Care**

**Hope in the face of uncertainty**

## Local orgs to promote

* Vermont [2-1-1(link is external) —](https://www.vermont211.org/)— Provides information and connections to treatment through the state's crisis services. Call 2-1-1
* Find a [Designated Agency for Mental Health](https://mentalhealth.vermont.gov/individuals-and-families/designated-and-specialized-service-agencies) in your Vermont county.

## National orgs to promote

* [National Suicide Prevention Lifeline (link is external)](https://suicidepreventionlifeline.org/)— Free and confidential support for people in distress. Call 1-800-273-TALK (8255)
* [Crisis Text Line](https://www.crisistextline.org/)— A live, trained crisis counselor receives the text and responds quickly.  
  Text VT to 741741
* [Veterans Crisis Line](https://www.veteranscrisisline.net/)— Always available to talk or chat, both for crisis intervention and to support friends and loved ones.  
  Call 1-800-273-8255 Press 1 or Text 838255  or [Chat online](https://www.veteranscrisisline.net/get-help/chat)
* [The Trevor Project](https://www.thetrevorproject.org/)— Counselors support LGBTQ+ youth 24/7. For people younger than age 25 in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk. Call 1-866-488-7386, Text START to 678678, or [Chat online(link is external)](https://www.thetrevorproject.org/get-help-now/)
* [Trans Lifeline(link is external)](https://www.translifeline.org/)— Trans-led organization that connects trans people to community, peer support, and resources one needs to survive and thrive.  
  Call 877-565-8860