Additional Resources

New Jersey’s 24/7 Peer Support and Suicide Prevention Hotline
1-855-NJ-HOPELINE (654-6735)
http://www.njhopeline.com/

NJ Mental Health Cares
866-202-HELP (4357)

Peer Recovery WarmLine
877-292-5588

Crisis Text Line
Text “NJ” to 741741

New Jersey Vet2Vet
866-VETS-NJ4 (838-7654)

COP 2 COP
866-COP-2COP (267-2267)

National Suicide Prevention Lifeline
1-800-273-TALK (8255)
Warning Signs of Suicide

Writing or talking about suicide, death, or the wish to die
- “I would be better off dead.”
- “I have no reason to live.”
- “Everyone would be happier if I weren’t here.”

Buying or storing things that could be used for suicide
- Purchasing or collecting medications, guns and ammunition, or other weapons
- Searching the internet for suicide methods

Preparing for their own death
- Making sure that children, pets, or elderly parents will be cared for
- Updating wills, making financial arrangements for paying bills after death
- Saying goodbye to loved ones
- Giving away possessions

These signs are even more dangerous if the person has:
- Attempted suicide in the past
- A family member or close friend who died by suicide
- Plans to use and access to an effective suicide method (e.g., a gun)

Building Your Inner Sources of Strength

Social Support System
- Work to build and maintain strong bonds to your family and community.
- Identify and know people who can offer support or distraction in times of crisis.
- Reach out! Some people with depression or suicidal thoughts isolate themselves from others. Make the effort to reconnect.
- Identify your sources of strength.

Positive Personal Traits
- Keep a positive attitude toward seeking help when needed.
- Learn to improve impulse control, problem-solving, coping and conflict resolution.
- Use leisure time constructively.
- Make time for activities you enjoy.

Access to Health Care
- Make an effort to participate in therapy or treatment.
- Maintain your general health and wellness.

Everyone Has a Role in Helping to Prevent Suicide

What You Can Do
- Know the common warning signs and risk factors.
- Be supportive, active & aware.
- Keep hotline numbers handy and use them when needed.
- Reach out and seek help — learn about treatment options.
- Develop a Safety Plan (SP) and/or a Wellness Recovery Action Plan (WRAP).

In an emergency call 911.

If you need help or know someone who does, contact the NJ Suicide Prevention HopeLine: 855-654-6735
Anonymous and confidential resource for youth: 2nd Floor Youth Helpline 888-222-2228
24 hours a day, 7 days a week