



CRISIS RESOURCES AND HOTLINES

Are you or someone you know in crisis?

If you or someone you know is an immediate suicidal crisis or emergency, call 911.

A crisis can come in many forms. It might be an obvious crisis situation like experiencing a trauma or losing a job, or it may be more subtle but nonetheless distressing. People in the midst of a crisis often perceive their dilemma as inescapable and feel loss of control.

THESE ARE SOME OF THE FEELINGS THEY EXPERIENCE:

- Can't stop the pain.
- Can't think clearly.
- Can't make decisions.
- Can't seem to function.
- Can't see any way out.
- Can't seem to get control.

HERE ARE SOME WAYS YOU CAN SPOT A PSYCHOLOGICAL CRISIS:

- Abrupt change in behavior and/or mood.
- Neglect of personal hygiene.
- Unplanned weight gain or loss.
- Decline in performance at work or school.
- Dramatic change in sleeping and eating patterns.
- Withdrawal from routine activities/relationships, or isolation.
- Alcohol or substance abuse.
- Self-injury or suicidal thoughts.

Suicide Risk:

Suicide Warning Signs

If you're concerned that a friend might be at risk for suicide, you've probably noticed some changes in them recently that make you feel uncomfortable. Maybe you can't put your finger on it, but "something" is different. It's okay to ask someone about depression and suicide. **Asking them won't give them the idea or push them into doing it**

HAVE YOU HEARD?

- I can't stand the pressure anymore.
- Life isn't worth anything.
- I won't be around to deal with that.
- If he/she breaks up with me, I can't/won't go on.
- There is nothing I can do to make it better.
- Next time, I'll...
- My family would be better off without me.
- I feel there is no way out.

HAVE YOU OBSERVED?

- Loss of an important relationship.
- Abuse of alcohol and/or drugs.
- Impulsivity - "acts without thinking."
- Loss of interest or pleasure in usual activities.
- Withdrawal from family or friends.
- Feelings of worthlessness or guilt.
- Feelings of hopelessness or desperation.
- Giving away prized possessions.
- Change in hygiene, dress, activities, etc.
- Thoughts of death, suicide, or wishes to be dead.
- Signs of planning a suicide.
- Sudden or unexplained change in mood or behavior.

If you answered 'yes' to any of the above, your loved one could be at risk. It is important to take all warnings seriously.

The bottom line is this: If you are worried about yourself or a friend, do not hesitate to seek help.

How to talk to someone who may be at risk for suicide:

DO:

- Take it seriously.
- Be willing to listen.
- Voice your concern.
- Let your friend know you care and are worried.
- Ask if they have a plan and how far they have gone in carrying it out.
- Get professional help immediately. *Check out the resources below.*

DON'T:

- Be sworn to secrecy.
- Act shocked or surprised at what the person says.
- Challenge or dare.
- Assume the situation will take care of itself.
- Argue or debate moral issues.

All references to suicide must be taken seriously. And remember, drug and alcohol abuse can contribute to increased risk.

Getting Help:

Whether you are in crisis yourself or are concerned about a friend, you are not alone. There are so many ways you can get help:

- Talk to a health professional.
- Go to or call a hospital emergency room.
- Contact a family member or trusted adult.
- Talk to someone in your faith community.
- Call the National Suicide Hotline (1-800-SUICIDE) or 911.

What Now? Where to go, who to call if you're in crisis:

Located in Tucson? Call the Community-Wide Crisis Line 24/7 at 520-622-6000 or 1 (866) 495-6735.

Located outside of Tucson? Call the National Suicide Hotline (1-800-SUICIDE).

Are you a University of Arizona student? If it is not an emergency and you are a UA student, you can meet with a counselor through our remote triage services. <https://health.arizona.edu/getting-started-caps>

Are you a University of Arizona student and it's after hours? Call CAPS at 520-621-3334 and press 1 to speak with an after-hours mental health provider.

Are you a concerned parent or family member?

- *Helping Your Student Navigate College.* <https://health.arizona.edu/helping-your-student-navigate-college>
- *Parents Matter free consultation service.* <https://parentsmatter.health.arizona.edu/>
- *How students who are minors can access CAPS services.* <https://health.arizona.edu/caps-services-minors>

Are you a concerned UA faculty/staff member? CAPS also has a **Call and Consult** program to assist UA staff and faculty when student problems come to their attention. Call and Consult can be reached at 520-621-3334. <https://health.arizona.edu/faculty-and-staff>

Are you a concerned friend? Concerned friends can find out more about helping a friend who might be experiencing problems through our **How to Help a Friend** page. <https://health.arizona.edu/how-help-friend>