

You are not alone. It's okay to ask for help. There are Zero Reasons why help should be hard to find. Remove the stigma. Stories are powerful. There are Zero Reasons why we should struggle alone. Join the movement. You matter. It's okay to not be okay. Mental health matters. There are Zero Reasons why we can't support each other.



**ZERO  
REASONS  
WHY<sup>®</sup>**

**MENTAL HEALTH RESOURCES**

# How to Show or Ask for Support

When starting a conversation around mental health and/or suicide, it is important to be intentional in your message. You can do this by providing hope, dispelling myths and encouraging help-seeking behaviors.

## How to approach the conversation with someone you are concerned about:

- **Provide hope** — Let people know that help is available, treatment is effective and recovery is possible.
- **Provide resources** — Inform others about warning signs and risk factors and where to seek help if needed.
- **Use appropriate language** — Language has evolved. Avoid terms such as “committed suicide” or referring to suicide as “successful” or “unsuccessful” or a “failed attempt.” Instead use “died by suicide” or “attempted suicide.”
- **Encourage seeking help** — Stories of recovery through help-seeking and positive coping skills are powerful, especially when they come from people who have experienced suicide risk.
- **Be equipped** — Save a crisis number in your phone so you can reach out if you or a friend are in crisis.

## How to support someone else or yourself:

- Let the person know they are not alone
- Contact a trusted adult
- Reach out for help:

→ **Suicide Prevention Lifeline: call or text 988**

→ **Crisis Text Line: text HELLO to 741-741**

→ **The Trevor Project (support for LGBTQ teens):  
text START to 678-678 or call 1-866-488-7386**

→ **Local crisis line or mental health center contact:**

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**What to do in an emergency: Call 911 immediately if there is a risk of someone harming themselves or someone else.**



# Calling a Crisis Line: What to Expect

There can be a lot of misunderstanding around what happens when you call a mental health crisis line. You may have heard rumors that calls aren't confidential or that they immediately result in a call to the police—but this is far from the truth.

**So, what actually happens when you call a crisis line?**

## **When calling the Lifeline (988):**

1. Callers first hear an automated greeting while the call is routed to the local crisis center. Wait times are usually less than one minute, but they can be longer depending on availability. If a local crisis center is unavailable, the caller is automatically routed to a national backup crisis center.
2. A trained, caring, local crisis counselor will answer the phone, listen to the caller, provide support and share resources if needed.
3. You can share as much or as little information as you feel comfortable with – you don't even have to share your name if you don't want to – and the call can be as long or short as you'd like.
4. If you're calling about a friend or family member you're concerned about, the counselor will walk you through how to help and offer resources.

In higher-risk situations, such as a caller actively considering suicide, crisis workers will do everything they can to work with the caller to come up with a safety plan without an intervention. In rare cases, the crisis worker might need to alert the local police to ensure the caller's safety if there is imminent risk to someone's life—but a very small percentage of calls require intervention.

**On the other end of a crisis line call are real, caring people ready to help you work through whatever support you need, 24/7 – whether you're in crisis or just need someone to talk to.**

**Please don't be afraid to reach out if you need support. There are #ZeroReasonsWhy you should have to struggle alone.**

# What to Look For

## Know the Warning Signs for Suicide

- Talking about wanting to die
- Looking for a way to kill oneself
- Talking about feeling hopeless or having no purpose
- Talking about feeling trapped or unbearable pain
- Talking about being a burden to others
- Increasing the use of drugs or alcohol
- Acting anxious, agitated or reckless
- Sleeping too little or too much
- Withdrawing or isolating
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings
- Giving away possessions



This matters!

# Additional Resources

[988lifeline.org](http://988lifeline.org)

[nami.org](http://nami.org)

[sprc.org](http://sprc.org)

[afsp.org](http://afsp.org)

[reportingonsuicide.org](http://reportingonsuicide.org)

[mhanational.org](http://mhanational.org)

[nimh.nih.gov](http://nimh.nih.gov)

[thetrevorproject.org](http://thetrevorproject.org)

[thementalhealthcoalition.org](http://thementalhealthcoalition.org)

[stopbullying.gov](http://stopbullying.gov)