

The background features abstract, overlapping shapes in shades of teal and purple. A large teal shape curves from the top right towards the bottom center, while a purple shape curves from the top left towards the bottom right. The text is overlaid on these shapes.

**See a Sign.  
Save a Life.**

**A Guide to Suicide Prevention**

## WARNING SIGNS

This is not an exhaustive list; please reach out for help if you are concerned for any reason.

- Talks about killing themselves, having no reason to live, being a burden to others
- Increased use of alcohol or drugs
- Researches methods of killing themselves
- Withdraws from activities, family or friends
- Giving away prized possessions
- Aggression
- Depression
- Anxiety
- Relief/Sudden Improvement



## LOCAL RESOURCES

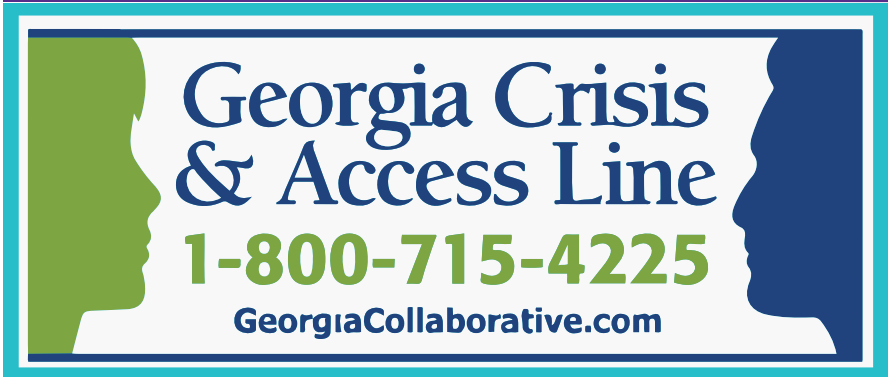
**Gwinnett Helpline:** Provides information and referrals in Gwinnett County for family challenges, emergency shelter, health services and more. 770-995-3339 / [www.gwinnettcoalition.org](http://www.gwinnettcoalition.org)

**View Point Health:** Behavioral Health Center providing services to individuals who need treatment and support to cope with mental illness, substance abuse, and intellectual and developmental disabilities. Multiple locations. 678-209-2411 / [www.myviewpointhealth.org](http://www.myviewpointhealth.org)

**Alianza Terapéutica Latina (ATL):** Part of View Point Health, ATL provides affordable linguistic and culturally appropriate substance abuse and mental health counseling and prevention services to the Latino community. Phone/Teléfono: 770-449-5259 / 770-558-8754

**Center for Pan Asian Community Services, Inc. (CPACS)/Cosmo Health Center:** Offers primary care, dental, preventative care and behavioral health services in multiple languages including English, Spanish, Vietnamese, Korean, Chinese and Nepali. 770-446-0929 / [www.cpacscosmo.org](http://www.cpacscosmo.org)

## CRISIS LINES



**Georgia Crisis & Access Line (GCAL):** 1-800-715-4225 / MyGCAL app for text and chat services

**National Suicide Prevention Lifeline:** 1-800-273-TALK (8255) / Chat online: [www.Suicidepreventionlifeline.org](http://www.Suicidepreventionlifeline.org)

**The Trevor Project:** Hotline for LGBTQ youth. 1-866-488-7386 or go online and select TrevorChat.

**Crisis Text Line:** Text HOME to 741741

**Apps for Apple and Android Phones:** NotOK App and My3 App

## POSTVENTION IS PREVENTION

The risk of suicide increases after a death by suicide. For each documented death by suicide, there is an estimate of 25 suicide attempts. This is why it is so important to provide support after there has been a death by suicide. The support after a death by suicide, or postvention, includes activities that reduces the risk and promotes healing for the family, friends and community after a suicide.

If you or someone you know have been affected by a death by suicide or want to learn more about local resources and information, please visit [www.guideinc.org/PreventSuicide](http://www.guideinc.org/PreventSuicide).

Suicide prevention trainings are designed to teach individuals the warning signs of suicide and how to respond in a crisis situation.

**GUIDE offers the following trainings:**



**YOUTH  
MENTAL  
HEALTH  
FIRST AID®**

A 6.5-hour course that teaches how to help youth who may be experiencing a mental health or substance use challenge.

A 1.5-hour course to train in the 3 simple steps – Question, Persuade, Refer – to help save a life from suicide.



The GUIDE Advisory Board's Suicide Prevention Workgroup seeks to reduce the stigma surrounding seeking help for mental health challenges and work together to prevent suicide.

**For more information or to schedule a training, please contact us at [prevention@guideinc.org](mailto:prevention@guideinc.org).**



**D·B·H·D·D**

Georgia Department  
of Behavioral Health &  
Developmental Disabilities



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