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| **LOCAL RESOURCES** | |  | Hotlines are FREE, confidential, and always available.  Help a loved one, friend, or yourself.  You don’t have to be suicidal to use the hotlines; anyone is welcome to call.  SPAN of North Idaho offers QPR training to the community.  QPR (Question, Persuade, Refer) is a gatekeeper training designed to help you identify the warning signs of suicide crisis; learn how to offer hope; and know where the local resources are in your community.  To request training:  Panhandlehealthdistrict.org/suicide-prevention  Or call 208-415-5103 |  | **Suicide Prevention Action Network of North Idaho**  **(SPAN of North Idaho)**  <http://panhandlehealthdistrict.org/>  208-415-5103  http://sharepoint.phd1.idaho.gov/MasterForms/PHD%20Brand%20Resources/Logos/PHDtransparentbackgroundLogo.png |  | ***ASK THE QUESTION***    ***SAVE A LIFE*** |
| **Suicide/Crisis Hotline** | **1-800-273-8255** |
| **North Idaho Crisis Center** | **208-625-4884** |
| **Region 1 Mental Health Crisis Line** | **208-769-1406** |
| **Kootenai Behavioral Health** | **208-625-4800** |
| **Heritage Mental Health Center** | **208-620-5210** |
| **TEXT Suicide Hotline** | **741-741** |
| **Trevor Project Hotline (LGBTQ+)** | **1-866-488-7386** |
| **Survivor Support Group** | **208-772-2353** |

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| **WHAT TO DO IF SOMEONE IS DISPLAYING SIGNS** |  | **WARNING SIGNS OF SUICIDE** |  | **THINGS TO KNOW** |
| * **Take it seriously** * **Ask the question “Are you thinking about suicide?” This will show the person you are concerned about them, and will open communication, allowing the person to express their thoughts freely.** * **Listen intently, without judgement, and persuade them to get help. If able, guide them to a local resource such as one listed on this card.** | * **Talking about wanting to die or to kill oneself.**   • **Increasing the use of alcohol or drugs.**  • **Sudden change in behavior; happier or calmer.**  • **Withdrawn or feeling isolated.**  • **Suicide threats or previous suicide attempts.**  • **Loss of interest in things one cares about.**  • **Making arrangements; setting one’s affairs in order.**  • **Giving things away, such as prized possessions.**  • **Purchasing a gun or stockpiling pills.**  • **Talking about feeling hopeless or having no reason to live.**  • **Acting anxious or agitated; behaving recklessly.**  • **Sleeping too little or too much.**  • **Showing rage or talking about seeking revenge.**  • **Themes of death or depression in conversation, writing, reading or art.**  •  **Talking about being a burden to others.**  • **Talking about feeling trapped or in unbearable pain.** | * **A suicidal person may not ask for help, but that doesn’t mean help isn’t wanted.**   **• People who take their lives don’t want to die--they just want to stop hurting.**  **• Suicide prevention starts with recognizing the warning signs and taking them seriously.**  **• If you think a friend or family member is considering suicide, you might be afraid to bring up the subject, but talking openly about suicide thoughts and feelings can save a life.** |