

Suicide Prevention

If you are contemplating suicide, you are not alone. Suicidal thoughts occur when the pain of life outweighs our ability to cope with the pain. But be encouraged; you will not always feel this way. Suicidal feelings will pass. We care about you and want to help you through your pain. In the meantime, it can help to speak with someone. Below are some phone numbers we want you to call or text immediately to get in touch with someone who will listen and understand.

National Suicide Prevention Line: 1-800-273-8255

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, seven days a week. They are committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness.

Greenville Mental Health CRISISline: 864-271-8888

CRISISline is a 24-hour, seven-day a week confidential hotline offering a nonjudgmental sounding board for people to talk about life's struggles. Trained phone workers are available to offer a listening ear and to provide community resources and crisis intervention. CRISISline answers more than 11,000 calls annually from people struggling with the choices of life. Certified by the American Association of Suicidology, the line staffs workers trained in active listening, brainstorming, and crisis intervention/suicide prevention.

“There is hope. When you are feeling so much pain, it is hard to see another way out. There may be a solution that you are unable to see because of the pain you are in. With time and treatment, that solution may come to you. It must have been a difficult journey so far to have brought you here, and we know that we are asking a lot to tell you to hold on longer. However, if you give yourself more time and seek help, it is likely that things will get better. Recovery is possible. CRISISline is here to be with you through this difficult process.”

SIGNS OF SUICIDE RISK

- Loss of interest in work, school, and regular activities
- Withdrawal from friends and family
- Feelings of hopelessness, worthlessness, self blame, or guilt
- Angry, irritable, or depressed mood
- Dramatic mood changes or swings, including sudden happy moods
- Increasing alcohol or drug use
- Acting reckless or engaging in risky activities
- Feeling that there is no way out, need to escape
- Talking about not being here anymore, “they’ll be better off without me”
- Feeling that nothing matters anymore

