

- National Suicide Prevention Lifeline: 1-800-273-8255 and [Suicide Prevention Lifeline](#)
- Crisis Text Line- Text TBH, Hello, or Home (or really any opening message) to 741741 or [Crisis Text Line](#)
- Cobb County 24 hr crisis line: 770-422-0202
- App for support system and staying connected when having thoughts of suicide: [my3app.org](#)
- Providing alternatives through the buddy system: [buddy-project.org](#)
- If you are worried about a friend or family member, TALK to them and encourage them to get help or get them help yourself!

You could say:

I care... (express your care and concern)

I see... (describe what you've noticed)

I feel... (using a feeling word- worried, concerned, scared, etc.)

Have you... (been thinking of suicide, hurting yourself)

I'm listening... (what is going on for you?)

I want... (you to talk to someone, a professional)

I will... (go with you, make an appt, give you a number listed above, call you when you get home)

**IF A PERSON IS ACTIVELY SUICIDAL DO NOT LEAVE THEM ALONE AND GET HELP IMMEDIATELY!!!**