



Safety Council of Greater St. Louis

2330 Hampton Avenue
St. Louis, MO 63139
Phone 314-621-9200
Fax 314-621-9204
www.stlsafety.org

If you or someone you know might be at risk of suicide, here are ways to help:

Call 1-800-273-8255 to reach the [National Suicide Prevention Lifeline](#). It provides free and confidential support 24 hours a day, seven days a week for people in suicidal crisis or distress. You can learn more about its services [here](#), including its guide on [what to do if you see suicidal language on social media](#). You can also call 1-800-273-8255 to talk to someone about how you can help a person in crisis. Call 1-866-488-7386 for the TrevorLifeline, a suicide prevention counseling service for the LGBTQ community.

If you suspect someone may be at risk:

1. Do not leave the person alone.
2. Remove any firearms, alcohol, drugs or sharp objects that could be used in a suicide attempt.
3. Call the U.S. National Suicide Prevention Lifeline at 1-800-273-TALK (8255).
4. Take the person to an emergency room or seek help from a medical or mental health professional.

Source: American Foundation for Suicide Prevention. For more tips and warning signs, [click here](#).

Text HOME to 741741 to have a confidential text conversation with a trained crisis counselor from [Crisis Text Line](#). Counselors are available 24/7. You can learn more about how their texting service works [here](#).

For online chat, the National Suicide Prevention Lifeline provides a [confidential chat window](#), with counselors available 24/7. [Boys Town](#) also provides counselors for youth-specific online chat at this [link](#). It is available every Monday through Friday between 6 p.m. and midnight in the Central time zone.

For crisis support in Spanish, call 1-888-628-9454. For support outside of the US, a worldwide directory of resources and international hotlines is provided by the [International Association for Suicide Prevention](#). You can also turn to [Befrienders Worldwide](#).

Compliments of CNN