



# LA FRONTERA ARIZONA

## EMPACT - SUICIDE PREVENTION CENTER

### WARNING SIGNS OF SUICIDE:

- Recurring thoughts of Death/Suicide
- Previous suicide attempt
- Drastic changes in behavior
- Withdraws from friends or social activities
- Giving away prized possessions
- Increased use of alcohol or drugs
- Recent significant losses

### HOW TO HELP:

- Be direct and show you care: “I don’t want you to kill yourself”
- Ask questions and be willing to listen
- Don’t discount or minimize the person’s feelings
- Tell others your concern – Don’t keep it a secret
- Stay with your friend until you get help.
- Remove means (guns, pills, etc.)
- Call for help – a crisis line, doctor or trained professional

### IMPORTANT PHONE NUMBERS

Call **911** in an emergency

#### CRISIS/SUICIDE HOTLINES:

La Frontera Arizona/EMPACT-Suicide Prevention Center – **480-784-1500**

National Suicide Prevention Lifeline – **800-273-TALK (8255)**

**1-800-SUICIDE (784-2433)**

EMPACT-Suicide Prevention Center  
1232 E. Broadway Road, Suite 120  
Tempe, Arizona 85282