



### **If You Know Someone in Crisis**

Call the National Suicide Prevention Lifeline (Lifeline) at 1-800-273-TALK (8255), or text the Crisis Text Line (text 4HOPE to 741741). Both services are free and available 24 hours a day, seven days a week. All calls are confidential. Contact social media outlets directly if you are concerned about a friend’s social media updates or dial 911 in an emergency. Learn more on Lifeline’s website or the Crisis Text Line’s website.

### **Introduction**

Suicide is a major public health concern. In 2020, suicide was the 11th leading cause of death overall in the United States, claiming the lives of over 47,500 people. Suicide is complicated and tragic, but it is often preventable. Knowing the warning signs for suicide and how to get help can help save lives.

### **What is Suicide?**

**Suicide** is when people harm themselves with the goal of ending their life, and they die as a result. A **suicide attempt** is when people harm themselves with the goal of ending their life, but they do not die.

Avoid using terms such as “committing suicide,” “successful suicide,” or “failed suicide” when referring to suicide and suicide attempts, as these terms often carry negative meanings.

### **Warning signs that someone may be at immediate risk for attempting suicide include:**

- Talking about wanting to die or wanting to kill themselves
- Talking about feeling empty or hopeless or having no reason to live
- Talking about feeling trapped or feeling that there are no solutions
- Feeling unbearable emotional or physical pain
- Talking about being a burden to others
- Withdrawing from family and friends
- Giving away important possessions
- Saying goodbye to friends and family
- Putting affairs in order, such as making a will
- Taking great risks that could lead to death, such as driving extremely fast
- Talking or thinking about death often

It is important to note that suicide is not a normal response to stress. **Suicidal thoughts or actions are a sign of extreme distress and should not be ignored.** If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.

### **Here are five steps you can take to assist someone who may be struggling:**

1. **ASK:** “Are you thinking about killing yourself?” It’s not an easy question, but studies show that asking at-risk individuals if they are suicidal does not increase suicides or suicidal thoughts.
2. **KEEP THEM SAFE:** Reducing a suicidal person’s access to highly lethal items or places is an important part of suicide prevention. While this is not always easy, asking if the at-risk person has a plan and removing or disabling the lethal means can make a difference.
3. **BE THERE:** Listen carefully and learn what the individual is thinking and feeling. Research suggests acknowledging and talking about suicide may reduce rather than increase suicidal thoughts.
4. **HELP THEM CONNECT:** Save the National Suicide Prevention Lifeline’s **(1-800-273-TALK (8255))** and the Crisis Text Line’s number **(741741)** on your phone, so it’s there when you need it. You can also help make a connection with a trusted individual like a family member, friend, spiritual advisor, or mental health professional.
5. **STAY CONNECTED:** Staying in touch after a crisis or after being discharged from care can make a difference. Studies have shown the number of suicide deaths goes down when someone follows up with the at-risk person.

## Local Phone Numbers

Lucas County Crisis CARE Line 419-904-CARE

TPD Non-Emergency Dispatch 419-255-8443

County Emotional Support Line 419-442-0580

## Local Mental Health Resources

### LUCAS COUNTY

#### **A Renewed Mind**

1946 N. 13th St., Suite # 420  
Toledo, Ohio 43604  
Phone: 419-720-9247  
[www.arenewedmindservices.org](http://www.arenewedmindservices.org)

#### **Harbor Behavioral Health**

4334 Secor Rd.  
Toledo, Ohio 43623  
Phone: 419-475-4449  
[www.harbor.org](http://www.harbor.org)

#### **Kobacker Center – The University of Toledo Medical Center**

1400 E. Medical Loop  
Toledo, Ohio 43614  
Phone: 419-383-3815  
<http://uthealth.utoledo.edu/depts/kobacker>

#### **National Alliance on Mental Illness of Greater Toledo (NAMI)**

2753 W. Central Ave.  
Toledo, Ohio 43606  
Phone: 419-243-1119  
[www.namitoleado.org](http://www.namitoleado.org)

#### **ProMedica Toledo Children's Hospital Pediatric Psychiatry**

2121 Hughes Dr. HMT 5th Floor  
Toledo, Ohio 43606  
Phone: 419-291-4681  
[www.promedica.org/toledo-childrens-hospital](http://www.promedica.org/toledo-childrens-hospital)

#### **Unison Behavioral Health Group**

1212 Cherry St.  
Toledo, Ohio 43608  
Phone: 419-693-0631  
[www.unisonhealth.org](http://www.unisonhealth.org)

#### **Zepf Center**

6605 W. Central Ave.  
Toledo, Ohio 43617  
Phone: 419-841-7701  
[www.zepfcenter.org](http://www.zepfcenter.org)

### OTTAWA & SANDUSKY COUNTIES

#### **Bayshore Counseling Services**

304 Madison St.  
Port Clinton, OH 43452  
Phone: 419-734-5535  
[www.bayshorecs.org](http://www.bayshorecs.org)

#### **Beacon Behavioral Health Services**

114 N. Wood St.  
Fremont, OH 43420  
Phone: 567-201-2048  
[www.beaconhealthoptions.com](http://www.beaconhealthoptions.com)

#### **Firelands Counseling & Recovery Services**

675 Bartson Rd.  
Fremont, OH 43420  
Phone: 419-332-5524  
[www.firelands.com](http://www.firelands.com)

#### **Firelands Counseling & Recovery Services**

335 Buckeye Blvd.  
Port Clinton, OH 43452  
Phone: 419-734-2942  
[www.firelands.com](http://www.firelands.com)

#### **Lutheran Social Services**

512 E. State St. #4259  
Fremont, OH 43420  
Phone: 419-334-3431  
[www.lssnwo.org](http://www.lssnwo.org)

#### **NAMI Northwest**

2228 Hayes Ave. C  
Fremont, OH 43420  
Phone: 419-334-8021  
[www.namissw.org](http://www.namissw.org)

#### **ProMedica Physicians Behavioral Health**

710 Cleveland Ave.  
Fremont, OH 43450  
Phone: 419-332-2785  
[www.promedica.org](http://www.promedica.org)

#### **Safe Haven Behavioral Health Services**

122 W. 2<sup>nd</sup> St, Suite 100  
Port Clinton, OH 43452  
Phone: 419-709-0441  
<https://safehavenbhs.org>

### WOOD COUNTY

#### **A Renewed Mind**

885 Commerce Dr.  
Perrysburg, OH 43551  
Phone: 419-330-1050  
[www.arenewedmindservices.org](http://www.arenewedmindservices.org)

#### **A Renewed Mind**

735 Haskins Rd  
Bowling Green, OH 43402  
Phone: 419-359-5621  
[www.arenewedmindservices.org](http://www.arenewedmindservices.org)

#### **Children's Resource Center**

1045 Klotz Rd.  
Bowling Green, Ohio 43405  
Phone: 419-352-7588  
[www.crcwoodcounty.org](http://www.crcwoodcounty.org)

#### **Harbor Behavioral Health**

1010 North Prospect St.  
Bowling Green, OH 43402  
Phone: 419-352-5387  
[www.harbor.org](http://www.harbor.org)

#### **Harbor Behavioral Health**

1033 Devlac  
Bowling Green, OH 43402  
Phone: 419-352-6460  
[www.harbor.org](http://www.harbor.org)

#### **NAMI (National Alliance on Mental Illness)**

541 W. Wooster St. #2  
Bowling Green, OH 43402  
Phone: 419-352-0626  
<https://namiwoodcounty.org>

#### **Unison Health**

1084 S. Main St., A  
Bowling Green, OH 43402  
Phone: 419-352-4624  
[www.unisonhealth.org](http://www.unisonhealth.org)

#### **Unison Health**

1011 Sandusky Suite C  
Perrysburg, OH 43551  
Phone: 419-936-7629  
[www.unisonhealth.org](http://www.unisonhealth.org)