



SUICIDE

WHAT YOU NEED TO KNOW!

- Facts About Suicide
- Why Do Youth Kill Themselves?
- Warning Signs
- How to Help a Friend
- Hotlines and Resources



ASIAN YOUTH PREVENTION SERVICES
A Program of the Japanese Community Youth Council (JCYC)

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Funded By:
San Francisco Department of Public Health
Community Behavioral Health Services
Children System of Care



ASIAN YOUTH PREVENTION SERVICES

WHAT IS SUICIDE?

Be Aware of the Facts!!!

When we have a physical pain, we know how to get help. We may treat a broken leg with a trip to a hospital. But, when our pain is emotional we may feel confused or ashamed. We may hide our pain inside and pretend that nothing is wrong. Learn the facts on how you can help yourself or someone you know who may be suicidal. Remember: Most suicidal individuals desperately want to live; they are just unable to see alternatives to their problems.



MYTH	FACT
◆ Youth who attempt or commit suicide are “crazy”.	◆ Thousands of young people kill themselves every year.
◆ Youth who attempt or commit suicide are “weak”.	◆ Suicide is the third leading cause of death among 15-25 year olds.
◆ Youth who attempt or commit suicide are “weird”.	◆ Almost everyone will struggle with emotional pain or hard times at some point in their lives.
◆ There is no help available for youth who want to kill themselves.	◆ There are many resources and services that you can turn to for help.
◆ There is no way to deal with the pain. The emotional pain will last forever.	◆ No matter how bad things seem, there is a healthy and safe way to cope with emotional pain and suffering.

Places to Call for Help

SAN FRANCISCO SUICIDE PREVENTION

24-Hour Hotline. Call if you feel a little depressed or if you're facing a problem. Or call if you need advice on how to help a friend who might be depressed or suicidal.

(415) 781-0500 www.sfsuicide.org

BAY AREA YOUTHLINE

Call to talk to someone your own age. Information, referrals, job info, places to go and things to do in San Francisco. Daily, noon to 10pm.

1(888) 977-3399 www.youthline.org

CALIFORNIA YOUTH CRISIS LINE

24-Hour Hotline.

1(800) 843-5200

GLBT NATIONAL YOUTH TALKLINE

Youth serve youth providing peer counseling, information, and local resources. Mon-Sat, 6:30pm-9pm.

1(800) 246-PRIDE

www.youthglbtonationalhelpcenter.org

COMPREHENSIVE CHILD CRISIS SERVICES

24-hour crisis intervention services.

(415) 970-3800

AYPS REFERRAL LINE

Referral line services linking API youth to culturally appropriate mental health and support services.

(415) 345-8662



WEBSITES

www.befrienders.org

www.metanoia.org/suicide

www.sfsuicide.org