

Conversation Starter 

“You’ve been quiet.

Are you having thoughts of suicide?”



Being quiet doesn't always mean someone's at peace. If your teen is struggling with thoughts of suicide, they may be too scared or just not know how to start the conversation. But there are tools to help you talk it out with them. **See how at [Up2SD.org](https://www.up2sd.org).**

## More Resources

### 988 Suicide & Crisis Lifeline

If you or someone you know is thinking about suicide or in crisis, text or call 988 immediately to connect with a trained crisis specialist 24/7.

### San Diego Access & Crisis Line

Call 888-724-7240 to talk to someone local 24/7.

### Talk It Out San Diego ([TalkItOutSD.org](https://www.talkitoutsd.org))

Free tools, support, and other resources for San Diego-area teens who are either struggling with suicidal thoughts or know someone who is.

### California Youth Crisis Line ([calyouth.org/cycl/](https://www.calyouth.org/cycl/))

If you or someone you know is experiencing any type of challenge or crisis, call or text 800-843-5200. Talk with a crisis counselor confidentially.

### The San Diego County Suicide Prevention Council ([sdchip.org](https://www.sdchip.org))

The San Diego County Suicide Prevention Council (SPC) is a collaborative community-wide effort focused on realizing a vision of zero suicides in San Diego County. Our mission is to prevent suicide and its devastating consequences in San Diego County.

### Survivors of Suicide Loss ([soslsd.org](https://www.soslsd.org))

Peer-led San Diego-based support groups for anyone who has lost a loved one to suicide and is looking for support, comfort, resources, and hope in a judgment-free environment.

### NAMI San Diego ([namisandiego.org](https://www.namisandiego.org))

Free, safe, and confidential information, referrals, and support for individuals and their loved ones.

