

ADDRESSING SUICIDAL THINKING DURING COVID-19

Many people experiencing homelessness during COVID-19 may feel hopeless or overwhelmed. Some people in this situation may begin to have thoughts of suicide.



A person thinking of suicide should immediately be linked with a mental health specialist.



What you can do to identify and respond to suicidal thinking?

Know your resources. Identify a mental health specialist at your site. Remember...

The LAC DMH Access Line:

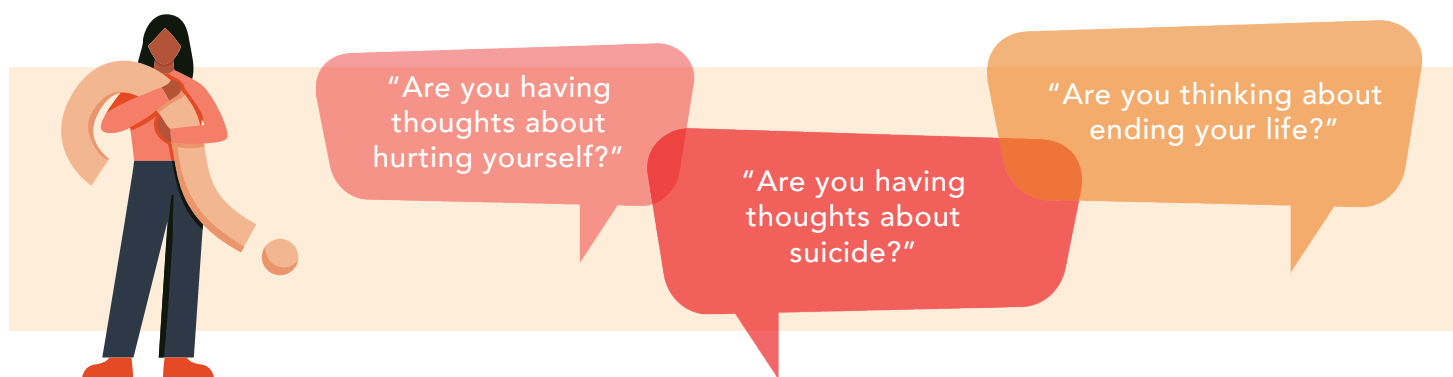
1-800-854-7771

The National Suicide Prevention Lifeline:

1-800-273-8255 (TALK)

Ask the direct question. If you encounter someone who seems very distressed, don't be afraid to ask about suicidal thoughts.

Asking about suicide does not make the problem worse. Examples:



IF A PERSON ANSWERS "YES," GET HELP. DON'T LEAVE THE PERSON ALONE.

Flag down a colleague and ask them to find a mental health specialist. If you can't alert a colleague, walk together with the person to find a mental health specialist:
"Let's find someone you can talk to right now. Don't worry; I'll come with you."

DO



- Listen with empathy and without judgment: *"It's a tough time for everyone."*
- Listen calmly and attentively.
- Show them that you are there to help.

DON'T



- Welcome a 'no': *"You're not thinking of killing yourself, are you?"*
- Promise secrecy: *"You can tell me; I promise I won't tell anyone."*

For more information, visit pmhp.ucla.edu/guides