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## How to get help for someone who might be suicidal



By [Christopher Dawson](#), CNN  
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(CNN) [Fashion designer Kate Spade's suicide](#) spotlights the importance of recognizing the potential warning signs when someone intends to end their life.

The attention is needed, especially now.

[Calls to suicide prevention hotline spike after VMA performance](#)

When a high-profile person dies by suicide, the "celebrity-suicide effect" can [lead to a rise in copycat deaths](#). In the four months after Robin William's took his own life in 2014, [there was a 10% increase](#) -- almost 2,000 additional suicides -- recorded.



There is already a [rise in suicide rates](#) in the US, making it the [10th leading cause of death in 2015](#), according to the US Centers for Disease Control and Prevention.

**If you or someone you know might be at risk of suicide, here are ways to help:**

Call 1-800-273-8255 to reach the [National Suicide Prevention Lifeline](#). It provides free and confidential support 24 hours a day, seven days a week for people in suicidal crisis or distress. You can learn more about its services [here](#), including its guide on [what to do if you see suicidal language on social media](#). You can also call 1-800-273-8255 to talk to someone about how you can help a person in crisis.

Text HOME to 741741 to have a confidential text conversation with a trained crisis counselor from [Crisis Text Line](#). Counselors are available 24/7. You can learn more about how their texting service works [here](#).

For online chat, the National Suicide Prevention Lifeline provides a [confidential chat window](#), with counselors available 24/7. [Boys Town](#) also provides counselors for youth-specific online chat at this [link](#). It is available every Monday through Friday between 6 p.m. and midnight in the Central time zone.

For crisis support in Spanish, call 1-888-628-9454. For support outside of the US, a worldwide directory of resources and international hotlines is provided by the [International Association for Suicide Prevention](#). You can also turn to [Befrienders Worldwide](#).

Another way to help is by supporting the nonprofits that provide suicide counseling, prevention and education. Volunteers are needed, and some train to become counselors.

**If you suspect someone may be at risk:**

- 1. Do not leave the person alone.**
- 2. Remove any firearms, alcohol, drugs or sharp objects that could be used in a suicide attempt.**
- 3. Call the U.S. National Suicide Prevention Lifeline at 1-800-273-TALK (8255).**
- 4. Take the person to an emergency room or seek help from a medical or mental health professional.**

Source: American Foundation for Suicide Prevention. For more tips and warning signs, [click here](#).

**Note from ASPARC:** The three major crisis centers in Alabama are listed below. Persons in need can call them, as well as persons interested in becoming a volunteer counselor.



**Crisis Services of North Alabama** (CSNA, Huntsville, north Alabama)

HELpline: 256-716-1000 or 800-691-8426



**Crisis Center** (Birmingham, central Alabama)

Crisis Line: 205-323-7777  
Rape Response: 205-323-7273  
Teen Link: 205-328-5465 (LINK)  
Kid's Help Line: 205-328-5437 (KIDS)  
Senior Talk Line: 205-328-8255 (TALK)  
Recovery Resource Center: 205-458-3377



**Lifelines Counseling Services** (Mobile, south Alabama)

Call 251-602-0909