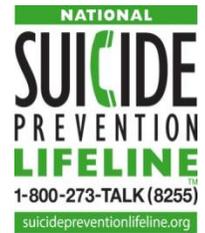




**Are you having thoughts of suicide?
You are one in a million.**



You may be curious why we have a section in this Comprehensive Suicide Prevention Resource Directory for persons who are having thoughts of suicide. This site can not help you directly, as we have no means for responding directly to you with your immediate needs, however we do want you to know that there are **hundreds** of professionals who do want to help you!

In 2008, the Centers for Disease Control conducted a study and found that in one year there are approximately one million persons who **survive a suicide attempt**. This is staggering and we are worried. Persons who previously have survived a suicide attempt become associated with the largest at-risk group of all and many attempt survivors can become temporarily or even permanently injured or disabled. Another very large group of persons are those who have not attempted but **have** thought about suicide or have made a plan to attempt, thought to be about 12 million persons a year.

Much is written about special groups with special risks for suicide. There are so many of these groups... Native Americans and members of Tribal Nations. Military personnel and veterans. LGBTQ individuals. Adolescent African-American males. College students. Victims of bullying for any reason (gay, size, different, **sexual** harassment). Rural citizens. Persons with mental health disorders or co-occurring diagnoses. The elderly. Older white men. Men. Women.

Countless suicide prevention allies have conducted extensive research for decades **with** large sample groups and epidemiological causes of suicides. Rates of suicides are studied comparatively in “rate units”how many per 100,000 individuals. **But the person we are most worried about is you. You are a one-person sample, you are unique and we care.**

The chances for a second attempt can increase if one is unable to receive lasting and effective care and support...unable to resolve, work through, accommodate, or adapt to the circumstances that may have contributed to suicidal risk. Recovery from a suicide attempt **is** possible with appropriate help, early detection warning signals, adaptive changes both within an individual and in external circumstances too. **You are not alone.**

Are you a number? No. Of course not. When it is *your* hopelessness, *your* despair, *your* depression, *your* hoping that the pain will end...it does not matter if you “belong” in *this* at-risk group or *that* at-risk group. When it is *your* pain, you are an individual. It may seem to you, in your pain, that **you are the one in a million who knows how badly things can get.**

And your counselor, your doctor, your crisis center responder, your ally should know this about you. Seek help. Tell them. Let them know. Don't stop until you have the helper who understands.

When you reach out for help, you are the only one in the room with your ally. You are one in a million.

You matter! We care! Reach out for help right now!

1-800-273-8255 (TALK)