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# SEEKING HELP

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## For immediate help



If you are thinking about harming yourself, please get help now:

- Call 911
- Go to your nearest emergency room (near NYFA, St Joseph's Address: 501 S Buena Vista St, Burbank, CA 91505 Phone: (818) 843-5111)
- Text "START" to **741-741** or call **1-800-273-8255 (TALK)**

If you are having thoughts about self-harm, please know that you don't have to deal with these thoughts on your own. You can get support from someone 24/7. Crisis counselors at hotlines or emergency room staff are there to help during your worst times. They will not judge you: they are there to listen, support, understand, and help

## If you're having thoughts of suicide...



If you're having thoughts of suicide, but aren't immediately thinking of hurting yourself and don't have a plan, consider the following:

- Reach out to someone you can trust: it might help to let someone know how you are feeling- if it seems like someone doesn't "get it," move on to someone who can listen in a way that helps you & gives support in a way that is useful
- Make an appointment at NYFA Counseling Services: email Jackie.Rabinowitz@nyfa.edu or Kathia.rabelo@nyfa.edu and request an appointment or stop by and ask to see Jackie or Kathia
- Connect to a trusted instructor or faith counselor: they will have resources you can use
- Call a crisis hotline and talk with someone who has experience in these issues for support and understanding about how to connect to these resources

## If a friend is struggling with thoughts of suicide:



If a friend is struggling with thoughts of suicide:

- Avoid: debating the value of life
- Avoid: advice to fix it
- Avoid: minimizing the problems
- Avoid: thinking they will tell someone else their problem

Try to:

- Listen to their story empathically and talk with them in private
- Tell them you care about them
- Ask them outright if they are thinking about suicide
- Offer them resources and encourage them to seek help

If you don't feel like you can be a support, connect them with someone who can: you saying you can't be the person who can help doesn't mean you don't care: connecting them with the right support is the best thing you can do

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## Helpful Resources

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### Counseling at NYFA

3300 Riverside Drive, 4th Fl.

**818-333-2557**

Jackie.Rabinowitz@nyfa.edu

Kathia.Rabelo@nyfa.edu

### The Veteran's Crisis Line

**1-800-273-8255**

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### The American Foundation for Suicide Prevention

www.afsp.org

**1-800-273-TALK (8255)**

### The Trevor Foundation

thetrevorproject.org

**1-866-488-7386**

for crisis support