



National Alliance on Mental Illness

# NAMI South Carolina

## 24/7 Crisis Text Line

Text "NAMI" or "HOPE4SC" to 741741

**National Suicide Prevention Lifeline**  
**800.273.8255**

**SC Dept of Mental Health 803.898.8581**  
**Mobile Crisis Unit 833.364.2274**

**Substance Abuse & Mental Health**  
**Services Administration**  
**samhsa.gov**

Download  
the app:



([www.notokapp.com](http://www.notokapp.com))

## The Trevor Project

LGBTQ support

**866.488.7386**

**thetrevorproject.org**

## Your Life, Your Voice

tips for help with tough situations

**yourlifeyourvoice.org**

**IN AN EMERGENCY, CALL 911**

**[namisc.org/resources](http://namisc.org/resources)**



**@endingthesilence\_sc**

# Some warning signs

- Feeling very sad or withdrawn for more than 2 weeks
- Severe out-of-control, risk-taking behaviors that cause harm to self or others
- Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort, or fast breathing
- Seeing, hearing, or believing things that aren't real
- Drastic changes in mood, behavior, personality, or sleeping habits
- Extreme difficulty concentrating or staying still that puts a person in physical danger or causes school failure
- Intense worries or fears that get in the way of daily activities
- Throwing up, using laxatives, or not eating to lose weight; significant weight loss or weight gain
- Using alcohol or drugs excessively
- Trying to harm oneself, attempting suicide, or making plans to do so

## SUICIDE

- Talking, writing, or drawing about death
- Talking about having no reason to live, being a burden to others, or not being here tomorrow
- Looking for ways to attempt suicide
- Feeling hopeless, desperate, or trapped
- Giving away possessions
- Behaving recklessly



**NAMI** Ending the Silence

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*Don't be afraid to start the conversation*