

# YOU ARE NOT ALONE

The National Suicide Prevention Lifeline provides support for people of all ages in crisis 24 hours a day, 7 days a week. Please call 1-800-273-8255 if you are in crisis or need someone to talk to, or visit [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org) for more information.

## COMMON SIGNS OF Suicidal Thoughts

- Focusing on or talking about death and dying
- Having significant mood swings and/or verbalizing distress
- Making plans, including: updating one's will, giving away possessions, gathering needed materials such as pills or a gun
- Not engaging in activities that were once enjoyable
- Isolating oneself from loved ones and/or friends
- Acting recklessly, including misusing drugs or alcohol
- Saying goodbye

*If you know someone who is showing these signs, learn how you can help by calling the National Suicide Prevention Lifeline at 1-800-273-8255.*

If you or someone you know is a Veteran who may be in need of services, please contact Bradford Fish, Veterans Service Officer for the Town of Fairhaven by calling (508) 979-4023 x. 114 or emailing [bfish@fairhaven-ma.gov](mailto:bfish@fairhaven-ma.gov)

### Veterans Crisis Line

- Call 1-800-273-8255
- Text 838255
- Support for deaf and hard of hearing, call 1-800-799-4889

South Eastern Massachusetts Law Enforcement Council (SEMLEC) has a Critical Incident Stress Management/Peer Support team and offers confidential services to any officer in the SEMLEC region. To reach a member, officers can call the Confidential Crisis Line at (508) 658-2478

Referrals are made to a number of providers throughout the country, such as:

- LEADER program at McLean Hospital  
<https://www.mcleanhospital.org/news/leader-program-helping-first-responders-and-military-across-us>
- On-Site Academy  
<https://www.onsiteacademy.org>
- Addiction Campuses  
<https://www.addictioncampuses.com>
- Recovery Centers of America  
<https://www.recoverycentersofamerica.com>
- Emergency Responders AA Meetings  
<https://www.addicted.org/directory/category/bristol-county.html>
- Boulder Crest Retreat  
<https://www.bouldercrestretreat.org/warriorpathh>