

RESOURCES FOR HELP

Anyone can feel suicidal, but the feeling doesn't last forever. Getting help for someone who is feeling suicidal can save their life – the more help the better. **Never keep the secret that someone is suicidal.** If they are thinking about suicide, they deserve help immediately. Here are a few of our favorite places to turn:

- **Trevor Project** (for GLBTQ youth, 24/7 service) 866-488-7386 (call) and/or 1-202-304-1200 (text "Trevor")
- **Samaritans:** 877-870-4673 (call or text 24/7)
- **Trans Lifeline:** 877-565-8860 (call from 11AM to 5 AM EST)
- A counselor or therapist experienced in working with a range of gender identities.
- A trans-friendly provider (check on Masstpc.org, transcaresite.org, radremedy.org)
- **International resource:** www.befrienders.org

IF THE PERSON IS IN IMMEDIATE DANGER CALL 911 OR GO TO A LOCAL EMERGENCY ROOM

EMERGENCY HELP

- **Stay calm.** This can feel scary or out of control, but the person you are helping feels more out of control than you and needs you to be calm.
- **Don't leave the person you are concerned about alone.** Most people won't attempt suicide unless they're alone.
- **Call 911** and stay on the phone until they arrive.
- The ER is **not always an affirming or positive setting** for gender diverse people to get care. It helps to have someone with them to advocate for respectful treatment, name, and pronouns.
- **Emergency Services Program/Mobile Crisis Intervention:** 1-877-382-1609 (call 24/7) and enter current zip code. They can provide services in your home or community.

MYTHS & REALITIES

1

"If you're not suicidal, you're not really trans."

Feeling suicidal is not a direct result of being trans. Transphobia and stigma contribute to societal factors that can lead to depression and suicidal thoughts.

2

"Once I transition/pass, everything in life will be better."

Transitioning or passing may relieve some stress, but will not make problems go away. It is important to seek support in coping with ongoing problems.

3

"If I take estrogen, I will become depressed and suicidal."

While estrogen can worsen existing depression in some individuals, it does not cause one to become suicidal.

4

People who talk about suicide are just trying to get attention.

People who die by suicide often talk about it first. They are in pain and oftentimes reach out for help because they do not know what to do, and have lost hope. Talk of suicide should always be taken seriously.

5

People do not give warning signs before they kill themselves.

People who talk or write about having lost all hope and wanting to die by suicide oftentimes attempt suicide. Sometimes the signs of suicide may be subtle (e.g., feeling "hopeless" or "wanting to not exist"), or more overt (e.g., "I'd be better off dead"). Any talk about suicide must be taken seriously.

PREVENTING TRANS SUICIDE

Information for Transgender and Gender-Nonconforming (TGNC) People, Family, Friends, and Allies



www.fenwayhealth.org



www.masstpc.org



www.mass.gov/dph



www.masspreventsuicide.org



www.samaritanshope.org

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WARNING SIGNS

Transphobia and discrimination contribute to feeling inferior and may lead to depression and suicidal thoughts. Most people who are considering suicide give clues to how they're feeling. A first step towards helping someone you care about is to learn to recognize these clues about risk for suicide:

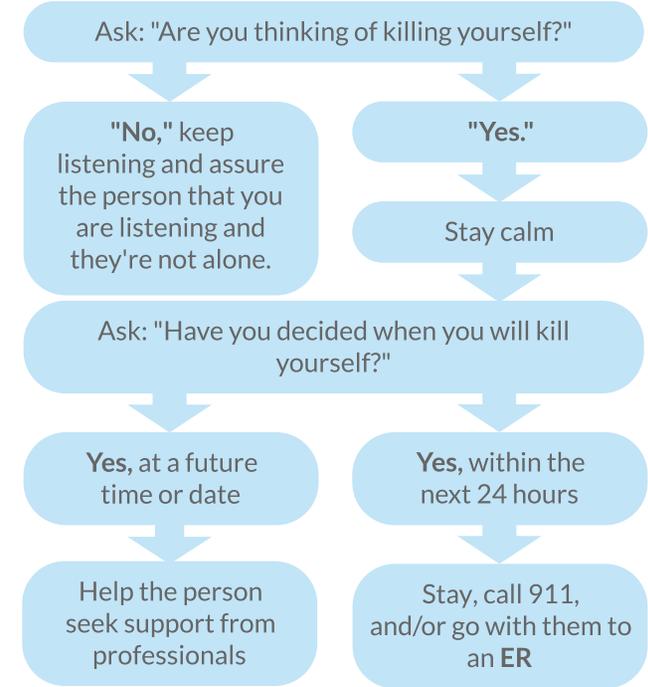


"I am not fully healed,
I am not fully wise,
I am still on my way.
What matters is that
I am moving forward."
~ yung pueblo

NOTE ON HORMONES

Some people experience significant changes in feelings and actions when first starting hormones. This is not an indication of suicidality. Some other medications may cause suicidal thoughts or feelings and should be evaluated by a medical provider.

HOW TO ASK



Verbal Statements

- "I want to kill myself."
- "No one would miss me if I were gone."
- "Things will never get better."

Any Form of Significant Loss

- Financial problems or lost job.
- Loved one, family, and/or social supports.
- Physical abilities and/or health.

Acting Differently

- Changes in mood (withdrawn, anxious, sad).
- Changes in eating or sleeping habits.
- Suddenly taking more risks.
- Suddenly not caring about appearance/cleanliness (note: experimenting with appearance doesn't indicate suicidality).
- Loss of interest in things previously enjoyed.
- Purging items, especially if connected to trans identity (dresses, binders, packers, wigs, etc.).

TIPS FOR HELPING

Ask the person you are concerned about if they are thinking about suicide.

Asking about suicide can be scary and hard, but it is very important. It is the only way to find out how much danger someone is in. It also lets the person you're concerned about know that you're a safe person to talk to. Many people are afraid to talk about suicide. They fear that others will react with blame, panic, or shame. It is often a great relief to someone thinking about suicide to know that you have noticed their pain.

Asking about suicide will NOT suggest the idea to someone or encourage someone to kill themselves.

WHAT NOT TO DO:

- Don't panic or try to fill quiet moments.
- Don't try to solve the person's problems.
- Don't give advice that wasn't asked for.
- Don't say that the person's actions or feelings are wrong and unimportant.
- Don't misgender or deadname the person ever, but particularly in this vulnerable moment.
- Don't tell the person about your own problems.

WHAT TO DO:

- Give the person all of your attention and tell them that you care, are glad they trust you, and are talking to you.
- Reassure them that you are there with them; they are not alone.
- Let them feel sad, angry, or confused. Assure them it is okay to feel the way they do, and ask clarifying questions to better understand.