Help Someone Else Online

http://www.suicidepreventionlifeline.org/gethelp/online.aspx

From time to time you may encounter a person who is expressing thoughts of suicide on your social media sites. If someone you know online is showing any of these warning signs, it is important that you post a message encouraging them to call the Lifeline.

If you are friends with the person in real life or know where the person is, please call **1-800-273-TALK** (8255) so that you can talk to a crisis counselor.

◦ Writing about wanting to die or to kill oneself.
◦ Writing about feeling hopeless or having no reason to live.
◦ Writing about feeling trapped or in unbearable pain.
◦ Writing about being a burden to others.
◦ Writing about seeking revenge.

Contact Safety Teams at Social Media Sites:

Facebook: Click on https://www.facebook.com/help/216817991675637 to anonymously report someone as suicidal on Facebook. A member of Facebook's Safety Team will send the user an e-mail with the Lifeline number and possibly a link to chat with Lifeline counselor.

Twitter: Click on Chttps://support.twitter.com/forms/general and select "Self-Harm" to send an e-mail to Twitter reporting a suicidal user. Twitter will send the user a direct message with the Lifeline number.

Instagram: Click on http://help.instagram.com/388741744585878 to report a post for self harm or suicide. They will review it and try to reach out to the person to provide them with more information.

YouTube: To report suicidal content, click on the flag icon under a video and select "Harmful Dangerous Acts" and then "Suicide or Self-Injury." You Tube will then review the video and may send a message to the user that uploaded the video with the Lifeline number.

Tumblr: Click on http://www.tumblr.com/help to write an e-mail to Tumblr about a suicidal user. Include as much information as possible including the URL of the Tumblr blog. A member of Tumblr's Safety Team will send the user an e-mail with the Lifeline number.