

Forum:[Hack Forums](#)

Thread: [\[Dawn Innuendo\] Suicide Crisis Hotlines --- You don't need to suffer, get help.](#)

Nevieth - March 20, 2017, 3:58 pm

Dawn Innuendo / Health

Are you or a loved one suffering from depression? If so please use these numbers to get help. You matter, you're important, and you don't deserve to suffer.

By reaching out to one of these numbers you're making the effort to better yourself. This is the first step, and the most difficult step. Remember that there are people who love you and want you to be happy. Be strong, and make the right step towards bettering yourself.

Suicide Prevention Lifeline: 1-800-273-8255

"We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals."

>>[Source](#)

What happens when you call?

"When people are in a crisis, where they are considering taking their own lives, it's critical that they reach out to a resource such as a suicide hotline. However, many people are scared of calling a suicide hotline as they aren't sure what will happen if they do call. This fear might keep some people away. Understanding what happens when you call a suicide hotline can help ease your worries and make reaching out to one easier."

>>[Source](#)

Who answers a call at a suicide hotline?

"Suicide hotlines are typically staffed by trained personnel but it depends on the specific hotline as to how they're trained. Some suicide hotlines are manned by happens-hotline-healthyplacevolunteers with minimal training whereas the operators at the National Suicide Prevention Lifeline, for example, are skilled, trained counselors that are often in your area. Suicide hotlines that are for specific types of crises, such as the concerns of veterans or of lesbian, gay, bisexual, transgendered or queer (LGBTQ) individuals, are generally trained in the main issues facing those populations. Often you'll speak to a member of that group his or herself when you call that type of suicide hotline."

>>[Source](#)

[Click here for a list of Suicide Hotlines Worldwide](#)

Please seek out help, you don't need to go through this alone.

Stay strong, stay brave.

No?orious - March 20, 2017, 10:50 pm

Pushing this to the top, extremely important if anyone who is feeling this way should see this and reach out. It's not worth going through it alone, even though it feels like no one will want to talk about it with you, there's always someone. If you can't talk over the phone for whatever reason, feel free to send me a private PM if you feel it would help.

Extremely well written thread, Nevieth.

Fucci - March 21, 2017, 3:51 pm

Can't stress how important this is having lost 4 people to suicide personally.

Tree of Life - March 22, 2017, 4:42 am

This is an excellent thread to have within the community!

No one has to suffer in silence. Get help. Talk about it. It is the best option, and Dawn are here to provide that support. Also, anyone can message me about anything if you'd like to talk about something.

Good luck everyone.

?Alexander - March 22, 2017, 1:25 pm

I've lost one good friend to suicide last summer. Please do not suffer in silence, it's ok not to be ok. Reach out to someone, even though it's hard. There are people willing to help you.

Riddick - March 24, 2017, 12:15 pm

Thank you for starting such an important thread, I'm sure it will help some people who are feeling very low.

Eternal. - March 24, 2017, 12:16 pm

Another resource from a suicide survivor (Was suicidal, got help. Don't know if they survived an attempt.) is suicide.com

It's interesting and has some things to think about as well as a directory for help.

Deany - March 24, 2017, 12:19 pm

Thanks I'll give them a call right now

Nevieth - March 29, 2017, 11:18 am

(Mar 24, 2017 12:16 PM)Eternal. Wrote: [\[CITE\]](#) Another resource from a suicide survivor (Was suicidal, got help. Don't know if they survived an attempt.) is suicide.com

It's interesting and has some things to think about as well as a directory for help.
Thank you for the additional resource.

SIM-2053312 - March 29, 2017, 1:08 pm

Do people really call these hot lines? Because I remembered back in the day, I would bring over a bunch of friends, get drunk, prank call these hotlines including hookers, then go outside and fuck with people. Fun times.

Nevieth - March 30, 2017, 2:57 pm

(Mar 29, 2017 01:08 PM)Chef Curry Wrote: [\[CITE\]](#) Do people really call these hot lines? Because I remembered back in the day, I would bring over a bunch of friends, get drunk, prank call these hotlines including hookers, then go outside and fuck with people. Fun times.

Yes, these are sincere resources for those struggling. I cannot condone prank calling and ask you to take these hotlines seriously. Thanks.

Nevieth - April 7, 2017, 11:28 pm

Bringing this back up to the top. I really welcome you to send a call to one of these hotline numbers, or at least reach out to a member of Dawn Innuendo to talk.

Problem - April 7, 2017, 11:38 pm

Is there still hope? It's coming to a end...

Nevieth - April 8, 2017, 2:48 pm

(Apr 7, 2017 11:38 PM)Problem Wrote: [\[CITE\]](#) Is there still hope? It's coming to a end...
There's always hope my brother.

GenericSkid - April 8, 2017, 2:52 pm

(Apr 7, 2017 11:38 PM)Problem Wrote: [\[CITE\]](#) Is there still hope? It's coming to a end...

Nevieth - September 11, 2017, 8:29 am

Decided to bring this back up as there's always someone who needs it. Don't fight alone, find help and talk to a professional. :)

(Dawn Innuendo is currently on hiatus, but this thread still has its uses.)

TrenTrain - September 11, 2017, 1:11 pm

Apparently forgetting my post workout anabolic window isn't a suicide crisis