

**Having suicidal thoughts?**

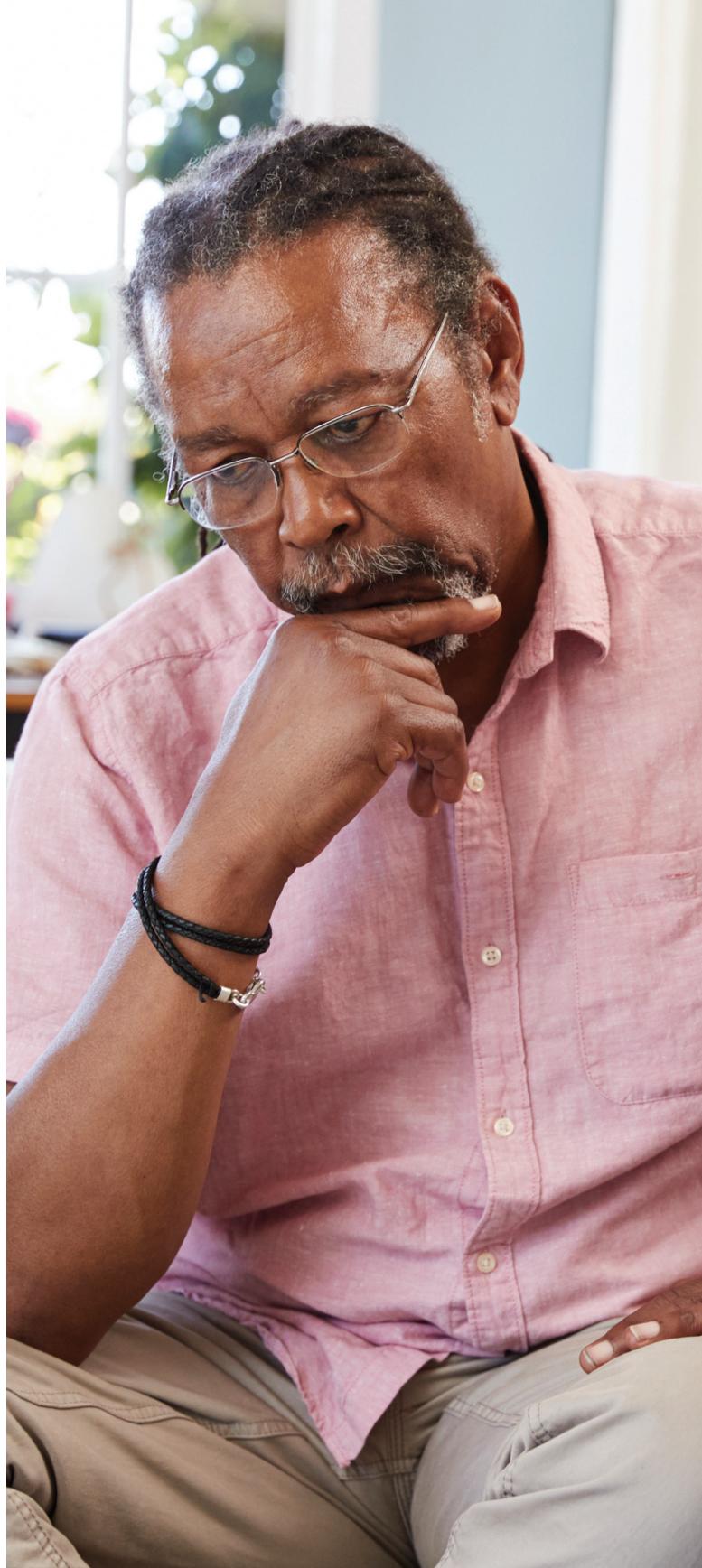
**Let's talk about it.**

**Good health means caring for your body and your mind—at every age.**



COUNTY OF SANTA CLARA  
**Behavioral Health Services**

**Everyone has bad days, and growing older can come with difficult challenges. These challenges could lead to feelings of sadness or shame, or lead to other warning signs (see next page). If these feelings disrupt your life or go on for too long, it might be a sign that there is a bigger problem. This is especially true for older adults, who can be at higher risk of suicide.**





## Signs to watch for.

**Feeling depressed is not the only indication that something is wrong. You may have an emotional issue that requires help if you are experiencing the following symptoms:**

### **Changes in how you feel physically:**

- Trouble coping with physical changes, such as sleep, energy level, or appetite changes.
- Unbearable chronic pain.

### **Changes in how you think:**

- Thinking life is not worth living, thinking about hurting yourself, or having suicidal thoughts.
- Thinking others are better off without you.

### **Changes in how you feel emotionally:**

- Feeling isolated from others who understand you.
- Feeling like a burden to others.
- Feeling abandoned or betrayed.
- Feeling ashamed of who you are.
- Feeling hopeless, desperate, or trapped.
- No sense of purpose.
- Sudden mood changes.

### **Changes in how you act:**

- Giving away prized possessions.
- Doing careless things that put you in danger.
- Putting affairs in order.
- Increased drug or alcohol use.
- Withdrawing and spending most of your time alone.

### **Stress in your life:**

- Financial stress.
- Chronic or terminal illness.
- Death or suicide of a loved one.
- Conflict with your family or community support system.
- Exposure to trauma, such as abuse or bullying.
- Being treated unfairly because of who you are.
- Not having others who understand you.
- Failure to meet expectations.
- Trouble adjusting to a new culture.



- If you belong to a senior center or participate in other community-based programs, talk to a staff member or volunteer about support or resources.
- **Call the Suicide & Crisis Hotline: 1-855-278-4204**  
Trained volunteer counselors available 24/7  
Free and confidential
- More local resources are available at [www.scchope.org](http://www.scchope.org)

**You are not alone.**

**If you are noticing any of these signs, and it is making it hard to cope with daily life:**

- Talk to your doctor or any other health care professional, such as a nurse, therapist, or counselor. Do not be afraid to tell them what you are feeling and let them know what has changed. They can help pinpoint problems and discuss treatment options.
- Speak with someone you know and trust. Friends and family members in particular may have noticed a change in you that you cannot see. Share your feelings and listen to what they have to say. Spiritual advisors can also be a good place to start.



**If you are feeling depressed, hopeless, or suicidal, ask for help. Talk to someone and get the support you need to get back to living life to the fullest.**

## **Call the Suicide & Crisis Hotline 1-855-278-4204**

Trained volunteer counselors  
available 24/7

Free and confidential

More information and resources are  
available at [www.scchope.org](http://www.scchope.org)

For more information about all Santa Clara County programs, or to see if you qualify, please contact:

Call Center

(800) 704-0900

If you have an urgent behavioral health need or a crisis, please contact:

Mobile Crisis Response Team

(800) 704-0900; press 2

Mental Health Urgent Care Center

Walk-in or call:

(408) 885-7855

871 Enborg Court

San Jose, CA 95128

Monday-Sunday 8:00 a.m. – 10:00 p.m.

