



Foundation 2

SUICIDE PREVENTION

How we help

Sometimes life is hard. It's important to know when to ask for help. Please connect with Foundation 2 if you or someone you know is experiencing thoughts of suicide, especially if things are getting worse. Along with suicide prevention services Foundation 2 also supports those who know someone who has died by suicide.

CONNECT WITH HELP:

There is no wrong door to connect with help at Foundation 2, but most interactions start with a call to our crisis center or a connection via chat or text support.

COMMON WARNING SIGNS:

If you are concerned about someone in your life you may notice behavior changes including a lack of future planning, changes in sleep or eating habits or signs of depression. Foundation 2 has a comprehensive list of suicide warning signs on our website at: [foundation2.org/suicide](https://www.foundation2.org/suicide).

SUICIDE RELATED SERVICES INCLUDE:

- **24-Hour Crisis Hotline** - available 24 hours a day, every day of the year by calling **(319) 362-2174** locally or **(800) 332-4224** in the state of Iowa.
- **Chat and Text Support** - connect with services by visiting [foundation2crisischat.org](https://www.foundation2crisischat.org) or initiating a text to **(800) 332-4224** Monday-Friday 9 AM-3 PM.
- **Mobile Crisis Outreach** - a team of trained counselors can travel to your location to provide in-person support.
- **Suicide Survivors Group** - support for youth and adults who know someone who has died by suicide.

Preventing suicide involves everyone in the community. Here are some ways that you can help:

- **Express concern** - reach out to those who are struggling and ask them if they are OK.
- **Be brave** - ask the question “are you thinking about suicide?” If they are, connect them with the above resources.
- **Save the number** - put our crisis center number in your phone and encourage others in your life to do the same.

The Foundation 2 Crisis Center is accredited by the American Association of Suicidology.



Help is available 24 hours a day,
365 days a year.
Call **(319) 362-2174** locally,
or toll-free at **1 (800) 332-4224**.



www.foundation2.org