

Online World

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By now, almost everyone you know is out on the internet surfing or blogging or posting at social media sites like Facebook, YouTube and Twitter. The online world has become the way many of us find information and communicate with people we care about, both those we've met and those who we've met online. If you're searching the internet for information about mental health topics, how do you know the information is accurate? How can we help when the people we talk to online are in a crisis or are talking about suicide?

There are both local and national efforts to help with these very questions. For accurate information about mental health issues, the Suicide Prevention Resource Center (www.sprc.org) is available with numerous links to reliable information and sources of help. And, locally, the websites for the Summit County ADM Board, www.admboard.org, and Infoline, <http://www.infolineinc.org>, are available for local information and resources. Also,

the Lifeline number, (800) 273-8255 (TALK), is another source of information and help and is posted prominently on most websites having to do with mental health.

What if you're on a social media site and a person talks about suicide? First, post a message of concern and hope. Then, let them know that the Lifeline, is available to them right now. If the person is known to you and you have contact information, reach out directly to the Lifeline or contact 911 for assistance. If the person is not known to you, you can report the risk for suicide to the specific platform you are using:

Facebook: Click on Help – Security – Sensitive Issues – Suicide

Twitter: Go to @safety

MySpace: Click on Contact MySpace – Your Safety & Privacy – Suicide

YouTube: Reporting feature found on the user's profile page

Facebook currently works with Lifeline to have someone reach out to people at risk and continues to work with other social media sites on similar policies. Remember to take all talk of suicide seriously, get involved and refer to help. You may be saving a life.

Once again, if you or someone you know needs emotional support, the Lifeline is available 24/7 at (800) 273-TALK (8255). If you are interested in becoming a part of the Summit County Suicide Prevention Coalition, call (330) 762-3500 or email at preventsuicide@admboard.org.

Portage Path Behavioral Health's SUPPORT Hotline

Call 330-434-9144 or
1-800-273-TALK (8255)
for 24-hour assistance.

**The Summit County Suicide
Prevention Coalition**
preventsuicide@admboard.org