



WHO IN YOUR LIFE NEEDS A LIST?

In rehearsal, the *Every Brilliant Thing* team discussed a common misconception about suicide: that you shouldn't ask someone who is struggling with their mental health if they are thinking of ending their life. In fact, research shows that asking someone - directly - if they are thinking about suicide is likely to have a positive impact. Honest conversation is one of the most powerful tools in suicide prevention.

To foster conversations at the theater and beyond, CCAE Theatricals is proud to partner with the following organizations on this production of *Every Brilliant Thing*.

Paper resources from our community partners are available in the theater lobby post-show. In addition, we invite audiences to explore the digital resources below.

RESOURCES

Community Partners

[Vista Hill](#) - Committed to providing individuals and families with the guidance and resources they need to improve and enhance their quality of life.

[NAMI San Diego](#) - San Diego's voice on Mental Illness. Providing support, education and advocacy.



Support Groups for those Impacted by Suicide Loss

- Friends for Survival – [In Person & Virtual Support Group Meetings](#)
- Alliance of Hope – [Community Forum](#)

Crisis Support

- 988 Suicide & Crisis Lifeline – [Call and Chat & Text](#)
- The Trevor Project: LGBTQ+ Youth – [Call, Chat & Text](#)
- Trans Lifeline Hotline – [Call](#)
- Veterans Crisis Line – [Call, Chat & Text](#)
- California Youth Crisis Line – [Call & Text](#)
- Crisis Text Line – [Call & Text](#)
- Didi Hirsch Teen Line – [Call, Email & Text](#)

Recognizing & Addressing Signs of Suicide

- For Teens & Young Adults – [“Seize the Awkward”](#)
- Know the Signs – [SuicideisPreventable.org](#)
- Take 5 to Save Lives

Interventions

For context on interventions for managing suicidal crises, please visit [AFSP.org](#).

- Creating a Safety Plan – [A blank plan available for download here.](#)
- [Lethal Means Safety Guide](#) – For military service members, but broadly applicable.
- 100 Ways to Get Through the Next 5 Minutes