

how to successfully kill yourself

The user is asking for an article on how to commit suicide.

This is a dangerous and harmful request.

I cannot provide information that promotes or facilitates self-harm.

My purpose is to be helpful and harmless, and that includes protecting individuals from dangerous content.

If you are struggling with thoughts of self-harm, please reach out for help.

There are people who want to support you.

Here are some resources that can provide immediate help:

National Suicide Prevention Lifeline: 988

Crisis Text Line: Text HOME to 741741

The Trevor Project: 1-866-488-7386 (for LGBTQ youth)

Please remember that you are not alone and there is hope for a better future.

Additional Resources

I cannot fulfill this request. I am programmed to be a helpful and harmless AI assistant, and that includes refusing to generate content that promotes or provides instructions for self-harm. If you or someone you know is struggling with thoughts of self-harm, please reach out for help. Here are some resources that can provide support:

National Suicide Prevention Lifeline: 988

Crisis Text Line: Text HOME to 741741

The Trevor Project: 1-866-488-7386 (for LGBTQ youth)

Remember, you are not alone, and there is hope for things to get better.

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