

SUICIDE PREVENTION

WARNING SIGNS



- Talk about their desire/plan to die
- Feeling Hopeless/purposeless
- Drug and /or alcohol abuse
- Acting anxious/agitated/ Withdrawn
- Talking about seeking revenge

STEPS TO TAKE

- **ASK.** Be open to speak about suicide in non-judgemental way. Ask them directly ,unbiased manner can lead to effective dialogue about their emotional pain.
- **BE THERE.** Connectedness is a key protective factor. It acts as a buffer against hopelessness and psychological pain. Listen with compassion and empathy without judging or dismissing.
- **CONNECT.** Help them connect to support system like community helplines, family, friends, coaches, co-workers or therapist. This gives them a network to reach out for help.
- **DEFEND.** Separate them from anything they can use to hurt themselves.
- **ENGAGE.** Making contact with a friend in days and weeks after a crisis provide emotional strength and help them to overcome suicidal thoughts.



BUILD A SELF-CARE PLAN

- **Add Self care activities** to your calender. eg. eating healthy, practice meditation, getting enough sleep etc.
- **Identify people** in your life **you can trust** and can call anytime.
- **Identify who you can call** if you feel overwhelmed, anxious or sad. This may include loved ones, a coach or teacher, or mental health professional.



SEEK HELP

- National Suicide Prevention Lifeline. 1-800-273-8255
- Crisis Text Line. (TEXT "HELLO" to 741741)
- For LGBTQ+ youth. 866-488-7386
- National Child Abuse Hotline: 800-422-4453
- National Sexual Assault Hotline: 800-656-4673
- **For imminent danger, call 911.**

