

Suicide Awareness & Prevention Resources

Break the Stigma > Don't wait until it's too late

Need Help NOW?

CALL 1-800-273-TALK (8255)

TEXT 'Help' to 741741

Online/Instant messaging service

CrisisChat.org

Recommended Program/Resources



YELLOW RIBBON
SUICIDE PREVENTION PROGRAM
www.yellowribbon.org

Warning Signs (from yellowribbon.org)

Often, what appears to be a singular, external pressure or occurrence is merely “the last straw” when added to ongoing stressors, depression and/or hopelessness. Suicide is the result of a long-term “wearing-away”, an erosion of a person’s ability to cope. The more warning signs shown and risk factors present, the higher the risk.

Warning Signs

- Acting differently than they normally do
- Talking about wanting to die or to kill oneself
- Looking for a way to kill oneself, such as searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings
- Giving away possessions

Risk Factors

- Previous Suicide Attempt
- Problems with school or the law
- Breakup of a romance
- Unexpected pregnancy
- A stressful family life. (having parents who are depressed or are substance abusers, or a family history of suicide)
- Loss of security...fear of authority, peers, group or gang members
- Stress due to new situations; college or relocating to a new community
- Failing in school or failing to pass an important test
- A serious illness or injury to oneself
- Seriously injuring another person or causing another person’s death (example: automobile accident)
- Major loss...of a loved one, a home, divorce in the family, a trauma, a relationship

Suicide victims are not trying to end their life – they are trying to end the pain!

Print & Distribute

H.O.P.E.

(Hold On Pain Ends)

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