



SEPTEMBER IS NATIONAL SUICIDE PREVENTION MONTH

With September being National Suicide Prevention Month and start of a new school year, now is the perfect time to remind ourselves of some common risk factors and warning signs of suicide.

RISK FACTORS	WARNING SIGNS
<ul style="list-style-type: none">• History of struggles with mental health and/or exposure to trauma• Exposure to suicide of a close friend or loved one• Past attempts or verbalizations• Struggles with substance use• Access to firearms	<ul style="list-style-type: none">• Major changes in behavior or mood• Giving away valued possessions• Talking or writing about suicide (includes joking or making off-hand remarks)• Expressing frequent hopelessness• Engaging in very risky behaviors

These raise our awareness!

These mean it's time to act!

Visit www.cdc.gov/suicide/factors/ for a more extensive list of risk & protective factors



What should you do if you're worried someone is having thoughts of suicide?



DO	DON'T
<ul style="list-style-type: none"> • Remain calm and ask them directly - "Are you thinking about suicide?" - don't worry, you won't put the idea in their head! • Listen and express empathy • Reflect and validate their feelings • Assure them there is help • Take action! 	<ul style="list-style-type: none"> • Don't attempt to problem solve • Don't minimize how they are feeling • Don't promise confidentiality • Don't leave them alone - either stay with them or bring them to be with someone they know, trust, and feel safe with

HELP IS OUT THERE!

988
SUICIDE & CRISIS LIFELINE


CRISIS TEXT LINE |

Text HELLO to 741741
 Free, 24/7, Confidential

A "Crisis" doesn't just mean suicide: it's any painful emotion for which you need support:

Bullying • School Stress • Depression • Anxiety • Suicide Relationships • Friendships • Family Problems • Self-Harm

Crisis Text Line serves anyone, in any type of crisis, providing access to a trained counselor for support and information via the medium people already use and trust: text.

 AllianceforSafeKids.org

THE TREVOR PROJECT
LGBTQ CRISIS HOTLINE
CALL 1-866-488-7386

The Trevor Project offers 24/7 crisis support for LGBTQ+, including online chat and text options. Learn more at TheTrevorProject.org

#YouveGotOptions

