



For I know the plans  
I have for you.”  
declares the Lord.

JERAMIAH 28:11

*The Lord is close to the  
brokenhearted and  
saves those who are  
crushed in spirit.*

PSALM 34:18

# God Is With You

## A Suicide Prevention & Hope Guide for Young

### If You Survive a Suicide Attempt



Receive medical  
and emotional care



Share without  
blame or judgment



Connect with a mental  
health provider

*Do not fear, for  
I am with you:  
do not be dismayed,  
for I am your God.  
I will strengthen you  
and help you.*

ISAIAH 41:10–2 29

### Key Prevention Actions



Strengthen mental health  
support



Find safe spaces to share –  
faith, youth, or peer groups



Use school-based  
mental health programs



Limit access to harmful means



Address alcohol and drug use  
Raise awareness and  
reduce stigma



Engage with family or mentors

*Come to me.  
all you who are weary  
and burdened,  
and I will give  
you rest.*

MATTHEW 11:28–29

*Come to me, all  
you who are weary  
and burdened,  
and I will give  
you rest.*

ISAIAH 41:10

### International helplines:

Befrienders Worldwide

[www.befrienders.org](http://www.befrienders.org)

iCall. [www.icallhelpline.org](http://www.icallhelpline.org)

Child Helpline International