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

Key Prevention Actions



Strengthen mental health support



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



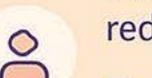
Use school-based mental health programs



Limit access to harmful means



Address alcohol and drug use



Raise awareness and reduce stigma

Engage with family or mentors

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

Come fo vne.
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.beftienders.org iCall. www.icallhelpline.org Child Helpline International