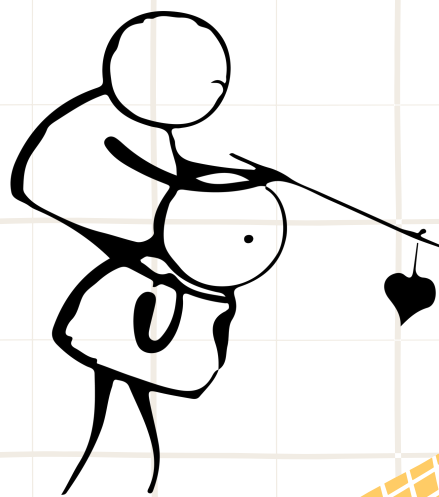


TIPS

For Supporting Suicide Prevention Week

ASK QUESTIONS

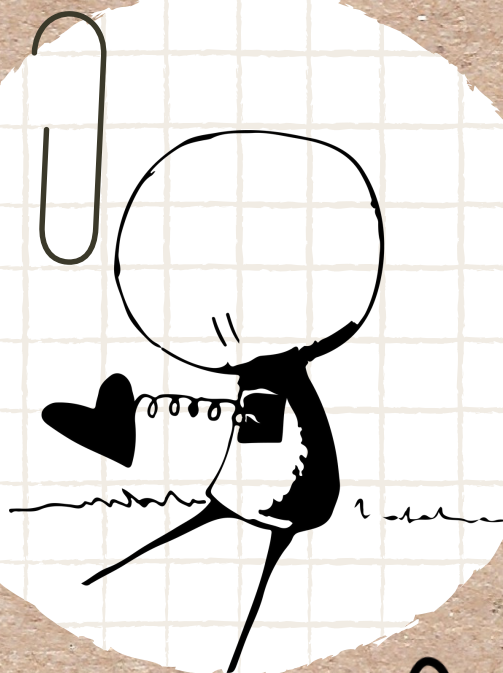
Research shows that those who are experiencing suicide ideations generally feel relief when someone talks about their thoughts with them, and in a caring way. This has been known to decrease ideations altogether.



Learn the warning signs of suicide.

Talks of self harm, hopelessness, or withdrawal from family and friends, extreme mood swings or excessive use of alcohol and drugs are signs of distress and should never be ignored.

“ If you are not sure where to turn for help start with NAMI.org or SAMHSA.gov. ”

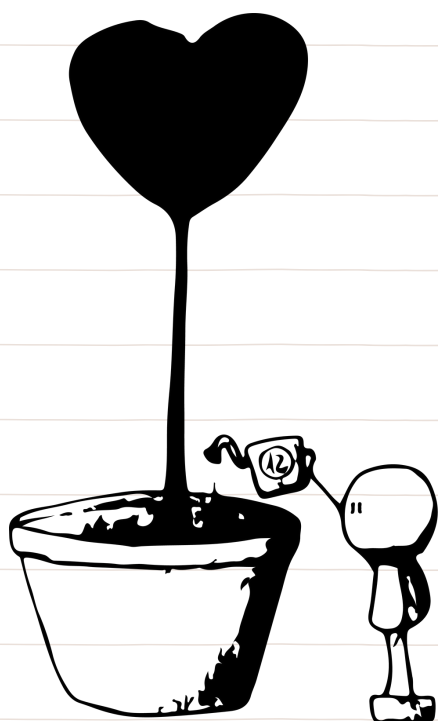


BE THERE

Listening without judgment has been known to be the change that a person needs to feel less depressed, less overwhelmed, and more hopeful after living through a negative experience.

Follow up! Keep it brief, supportive, and ongoing!

Studies show that brief, low cost and supportive intervention may be an important part of suicide prevention, especially for individuals who have been discharged from hospitals or care services.



Help them to stay connected with others by creating a network of individuals and resources that can help with support and safety, positive action, and positive self talk.

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