

You Are Not Alone

Suicide and Crisis Lifeline

Call or Text 988

Crisis Text Line

Text HOME to 741741

Save
these numbers
in your phone

What do you need to know about suicide to keep you and your friends safe?



You are not alone

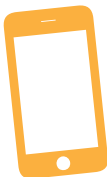
Keep dangers that can be used to harm someone locked up



Sometimes people think about suicide when they are feeling sad, lonely, or hopeless



Always treat a gun as if it is loaded



Only take medications as directed



When you are feeling sad, hopeless, or alone, it is ok to talk to people about how you are feeling

Sharing your feelings with someone you trust is brave



If a friend is thinking of suicide:

Talk to them. Talking about suicide does not cause it, so don't be afraid to ask



Care – let your friend know how much you care about them



If a friend is thinking of harming themselves, tell a trusted adult

Questions?

Resources for families can be found at www.ohioaap.org/storeitsafe

Ohio Chapter

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Is my friend thinking about suicide? These are potential warning signs:

- Talking or writing about suicide
- Withdrawing from friends
- Mood swings
- Increased use of alcohol or drugs
- Giving away belongings for no logical reason

Life can be stressful, here are some things that can decrease stress:

10 WAYS TO TAKE A BREAK

