You Are Not Alone

Confidential Suicide and Crisis Lifeline
Call or Text 988

Crisis Text Line
Text 4HOPE to 741741

Save these numbers in your phone

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

No matter who you are or where you're from, you are never 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

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

Always treat a gun as if it is loaded

Only take medications as directed

If a friend is thinking of suicide:

ACKNOWLEDGE: 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

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

Questions?

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

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

- Not acting like themselves
- Talking or writing about suicide
- Withdrawing from friends/activities
- Reckless behavior
- Increased use of alcohol or drugs
- Giving away belongings for no logical reason
- Stop taking care of themselves

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

http://www.fullcupthirstyspirit.com/posters.php

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BY YOUR SIDE. UNITED FOR LIFE.

OHIO'S VOICE FOR SUICIDE PREVENTION
OSPF
Ohio Suicide Prevention Foundation