

1. Remove the Stigma

The first thing we can all do to help prevent suicide is talking about it. No person in a suicidal state or struggling with any mental health issue should have to feel silenced or shamed. The same is true for people who are worried about a friend or family member. They should know that they can reach out and make a difference. Too often, people are afraid to bring up the subject of suicide, fearing that they'll be wrong or "put the idea in someone's head." This is a big misconception. People need to talk about suicide and open the doors of communication to those suffering from suicidal thoughts. These individuals need to know that they are not alone and that there is an entire community who is there, who can relate, and who will support them in the hardest of times.

2. Learn The Warning Signs

- Disturbed sleep patterns
- Anxiety, agitation
- Pulling away from friends and family
- Self-hating thoughts
- Feeling like they don't belong
- Hopelessness
- Rage and irritability
- Increased use of alcohol or drugs
- Feeling that they are a burden to others
- Loss of interest in favorite activities
- Giving up on themselves
- Risk-taking behavior
- Suicidal thoughts, plans, actions
- Sudden mood changes for the better

3. Learn how to reach out and connect

When we think someone may be suicidal, we can learn ways to reach out and show we care. Everyone can learn the helper tasks that can save a life. Just like CPR, there are a set of steps we can follow to help a suicidal person. One method is known as QPR: question, persuade and refer. Training in QPR is available online as a one-hour course. Those who get QPR trained are better able to "recognize the warning signs of suicide, know how to offer hope, and know how to get help and save a life."

Get connected with QPR and other training here @ www.gettrainedtohelp.com/en/

4. Know the resources

Anyone who is suicidal or who is worried about someone who may be suicidal should know these resources

National Suicide Prevention Lifeline is available 24/7 at **1-800-273-TALK (8255)**, and their website also has an online chat feature.

Crisis Text Line

This 24/7 Crisis Text Line allows you to text with trained crisis counselors. The text line is free and confidential and can be reached by texting **"Hello" TO 741741**.

