

****"Can You See Me?" Campaign: Suicide Help Sheet****

****Understanding Suicide****

Suicide happens when someone feels so much pain or sadness that they think ending their life is the only way to escape it. It's a serious issue, and it's important to know that there's help available for anyone feeling this way.

****Signs of Suicide****

- 1. **Talking About Death:**** Saying things like "I wish I were dead" or "I want to disappear."
- 2. **Isolation:**** Pulling away from friends and family, not wanting to be around others.
- 3. **Giving Away Belongings:**** Getting rid of important things or saying goodbye to people.
- 4. **Extreme Mood Swings:**** Going from very sad to very calm or happy suddenly.
- 5. **Risky Behavior:**** Acting recklessly, like driving too fast or using drugs or alcohol.
- 6. **Talking About Being a Burden:**** Saying things like "You'd be better off without me" or "I'm just a burden."
- 7. **Sudden Calmness:**** Feeling calm or at peace after being very upset for a long time.

****What to Do if You're Feeling Suicidal****

- 1. **Talk to Someone:**** Tell someone you trust about how you're feeling. It could be a friend, family member, teacher, or counselor.
- 2. **Call for Help:**** You can call a helpline like the National Suicide Prevention Lifeline at 1-800-273-TALK (8255). They're available 24/7 to talk to you.
- 3. **Stay Safe:**** If you're in immediate danger, call 911 or go to the nearest emergency room. Your safety is the most important thing.

****What to Do if Someone You Know Is Suicidal****

- 1. **Take It Seriously:**** If someone tells you they're thinking about suicide, believe them and take it seriously.
- 2. **Listen:**** Let them talk about how they're feeling without judging them.
- 3. **Get Help:**** Encourage them to call a helpline or seek help from a counselor or therapist.
- 4. **Stay with Them:**** If they're in immediate danger, stay with them or get someone to stay with them until help arrives.
- 5. **Check In:**** Keep checking in with them to see how they're doing and offer your support.

****Remember, You're Not Alone****

Suicide can make you feel like you're all alone, but there are people who care about you and want to help. It's okay to ask for help when you're struggling. You're not alone, and there is hope for a better tomorrow.

****Together, we can prevent suicide. You are seen, you are heard, and you are valued.****