

Don't...



- Argue, threaten or raise your voice
- Debate whether suicide is right or wrong
- Judge the person's thoughts or feelings
- Put yourself in danger
- Say: "You're not really thinking about suicide, are you?"
- Say: "You're not thinking about doing something stupid, are you?"
- Say: "You're being selfish. Fine, see if I care!"
- Agree to keep a secret

Resources



Call **PAS** 24/7 for access to a counselor
(800) 356-0845



Call **National Suicide Prevention** hotline
(800) 273-TALK (8255)



Text **TALK** to 741741 to connect with a counselor from the **Crisis Text Line**



Call **911** for emergencies



LIFE PRESERVER



*Information we all need
to help those in distress*

(800) 356-0845
www.paseap.com



Common Signs of Depression and Suicide

- Preoccupation with death, dying, ways to take life
- Withdrawal from others – "I'm a burden"
- Expressing hopelessness – "trapped with no way out", "I'd be better off dead"
- Indecisiveness, fatigue, slowed movement
- Risky, reckless, self-destructive behavior
- Saying goodbye – unexpected visits to family & friends
- Giving away possessions, putting affairs in order



** any combination of one or more of these signs may indicate a person is at risk for self-harm or suicide*

Take Action - Have a Conversation

- **Talk** with them privately
- **Listen** to their story – "Thank you for talking with me."
- **Care** about them – "I am sorry you are struggling, you matter to me."
- **Ask** directly if they are thinking about suicide
- **Encourage** them to seek help now, offer to help make the arrangements by calling PAS at (800) 356-0845



Take Action - Make a Difference

- If someone says they are considering suicide, **take it seriously**
- Help them **connect** – call PAS or one of the resources on this card
- Create a **safe environment**. Remove lethal means (pills, car keys, guns or other weapons, etc.)
- If **danger is imminent**, call 911
- **Follow up** with them to ask how they are doing

