

# How to ACT if your friend is having suicidal thoughts

## Be AWARE of signs

Learn to recognize dangerous signs, like:

- Mood Swings
- Changes in appearance, personality, eating habits or sleeping patterns
- Your friend seems really mad, sad, stressed, hopeless, ashamed, guilty, or like there is “no purpose in life”
- They don’t want to hang out or they isolate from friends and family
- Your friend shows risky, bizarre or violent behaviors
- They aren't interested in their favorite activities
- They are thinking, writing, drawing or talking about suicide, death, giving up or “going away”
- They give away their belongings
- They aren't interested in their favorite activities

**\*If you see these signs, take them seriously**

## Show you CARE

Initiate dialogue in a non-judgmental way

- Tell them you care
- Ask, “Are you ok?”
- Ask, “Is something going on you can share with me?”
- Ask, “Are you thinking about hurting yourself?”

React with feeling

- Say, “I’m concerned about you”
- Say, “Thanks for sharing with me”
- Say, “I care about you”
- Say, “I want to help you”



## TELL a trusted adult

Shift the focus from sources of pain to resources for treatment

- Say, “Let’s find someone who can help”
- Support them in talking to someone
- It’s okay to get help, even if your friend seems mad
- This is not a secret you should keep

Who do you tell?

- |                 |                      |
|-----------------|----------------------|
| • Your parents  | • A school counselor |
| • Their parents | • The school officer |
| • A teacher     | • The principal      |
| • A coach       | • A trusted adult    |



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## Keep Holding On, It’s Worth The Climb

# Finding **HOPE** if you are having suicidal thoughts

## Seek **H**ELP

Seek support

- Call the confidential and free hotline—1-800-273-TALK (8255)
- Or if texting is your thing, text “Go” to 741-741 to access the Crisis Text Line
- Or call 801-587-3000 and they will arrange to meet with you in person
- Remember...It’s okay to ask for help!

## You are **O**RIGINAL

Realize your worth

- There will *only* ever be one of you in the world
- You are valued more than you know
- You have made an impact on so many people
- Your unique contributions add up over time
- You would be deeply missed



**CRISIS TEXT LINE |**

## Find your **P**EOPLE

Help at your fingertips, 24/7

Know yourself and the people who can help

- Journal, sing, draw or find a way to channel your feelings to better understand yourself
- Find the people you trust and reach out for help
- Use the My3 app to keep the list of “Your People” handy

Not sure who to reach out to? Here are some ideas:

- Your parents
- A school counselor
- A neighbor
- The school officer
- A teacher
- The principal
- A coach
- A trusted adult



## **E**NGAGE in self-care

Care for yourself

- Remember you are NOT in this alone
- Reach out for support
- It’s okay to search for a counselor that fits your style
- Follow your doctor’s orders

**\*Note to Self...**

You are allowed to scream

You are allowed to cry

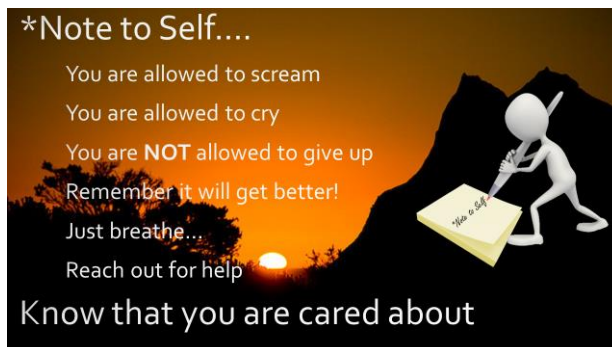
You are **NOT** allowed to give up

Remember it will get better!

Just breathe...

Reach out for help

Know that you are cared about



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# Keep Holding On, It's Worth The Climb