PROTECTIVE STRATEGIES

Protective Strategies Help to Reduce the Risk of Suicide

SELF-COMPASSION
self-awareness
positive self-talk
self-care

STRESS MANAGEMENT
deep breaths
mindfulness
changing feelings, thoughts, and behaviors

SUPPORT SYSTEM
friends • family
supportive adults
school & community resources



INTERESTS AND ACTIVITIES
clubs • sports • hobbies
volunteering

RESILIENCE
reframing • setting goals
growth mindset
optimism

SAFETY
getting needs met
community resources
communicating effectively

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SEE THE SIGNS

A person who is thinking about suicide may:



- make statements of wanting to hurt or kill themselves.
- talk or write about death or dying.
- express hopelessness.
- withdraw from friends and family.
- exhibit extreme behavior changes.
- use drugs or alcohol to change how they feel.
- have rage or seek revenge.
- act recklessly or engage in risky behavior.
- give away valued possessions.
- make a plan to kill themselves, such as obtaining pills or a weapon.

None of these signs absolutely point to a person's intention to kill themselves, nor do all people with suicidal ideation exhibit these signs. But all of these signs indicate a possible reason for concern and should be taken seriously.

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Offer Support

When Someone Shows Signs of Possible Suicidal Ideation

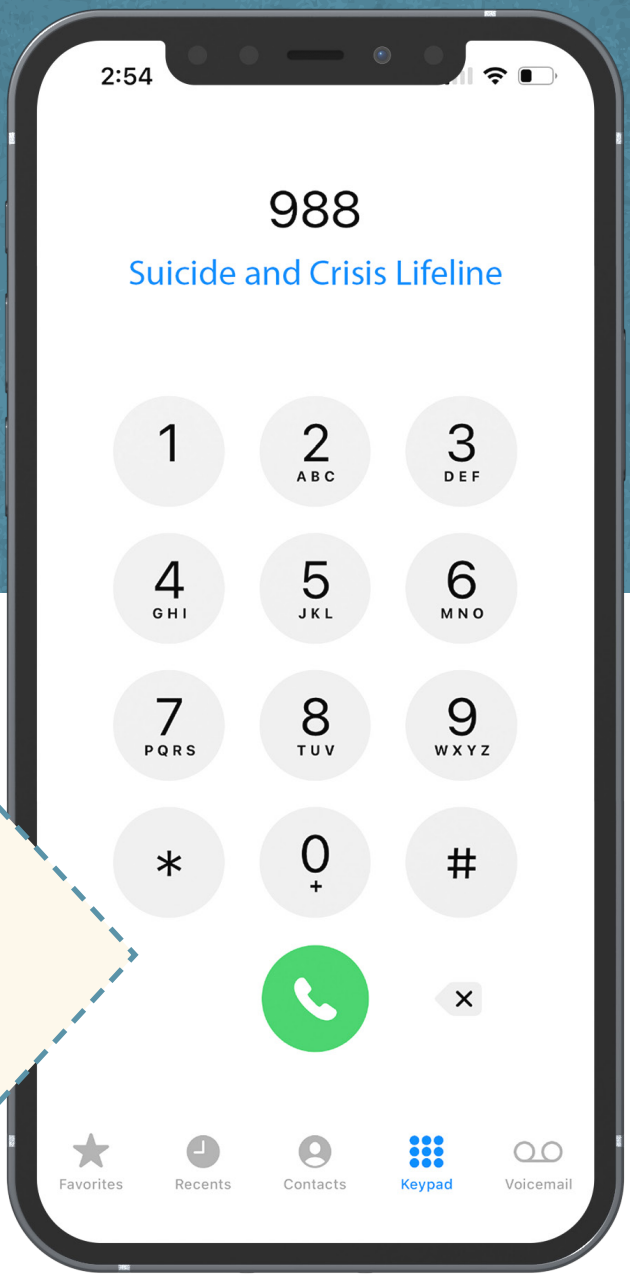
- Ask them directly: *Are you thinking about suicide?*
- Listen with empathy and without judgment.
- Let the person know you are there for them.
- Use nonverbal communication such as eye-contact and nodding while they are talking.
- Assure them that help is available.
- Never agree to keep their plans for suicide a secret.
- Let them know you care enough to help them get the support they need.
- Seek help from an adult. Do not leave the person alone.

When Someone Tells You They Are Thinking About or Have a Plan for Suicide

Tell a trusted adult. Encourage them to talk to a trusted adult. If they are not willing, let them know that you care about them and are going to help them get the help they need by telling a trusted adult. Do not leave the person alone. Call, text, or walk with the person to talk to a trusted adult.

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SEEK HELP



TEXT OR CALL

988

Suicide and Crisis Lifeline

FOR EMERGENCIES

CALL 911

or go to the nearest emergency room

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