ARE YOU OR SOMEONE YOU KNOW...

WHERE TO GET HELP

First Call for Help
Pend Oreille County Counseling Services 509-447-5651
www.pendoreilleco.org

National Suicide Help Line
1-800-273-TALK (8255)
www.suicidepreventionlifeline.org

The Trevor Project
Lesbian, Gay, Bisexual, Transgender
1-866-488-7386
www.thetrevorproject.org

For more information visit:
www.smilelifework.org
www.qprinstitute.com
www.ysspp.org
www.samhsa.gov
www.sprc.org

THIS CARD IS A CRY FOR HELP!

This person or someone they care about is thinking about suicide.

Stay with them - do NOT leave them alone!
Listen to them and take them seriously!
Get help! You are their lifeline.

Or call 911

My personal resources:

THINKING ABOUT SUICIDE?
Show them that you care.
Ask how they are feeling.
Listen carefully.

- Talking or joking about death, dying, or suicide
- Making a plan to die
- Not caring about things that used to matter
- Giving away important things, or hinting at not being around any more
- Signs of depression, like sadness, moodiness, anger, hopelessness
- Abusing alcohol or drugs
- Changes in behavior, mood, or just not seeming like themselves
- Changes in appearance or performance

If you see warning signs, be brave, ask the question.
“Are you thinking about suicide?”, or “do you want to end your life?”
Asking will NOT put the idea in their head.

Get help right away.
NEVER promise to keep this a secret.
Keep talking until somebody listens.

Give this card to someone you trust and show them the other side.

BE A LIFESAVER.

HAVE YOU SEEN ONE OR MORE OF THESE SIGNS?