

SUICIDE STIGMA

"Something is wrong with you"

"Only weak people do that"

"Life can't be that bad"

"You're only looking for attention"

"IT'S A SIN"

IDENTIFY THE WARNING SIGNS :

- Talking about being a burden
- Talking about having access to lethal means
- Giving things away
- Major shift in personality

WHY YOU SHOULD TALK ABOUT IT

Talking about it can help save lives

Suicide is a real issue

You can come up with other solutions

RESOURCES:

911

211

NATIONAL SUICIDE HOTLINE:

1-800-273-TALK

Help those get into services

Suicide has a ripple effect on family & friends