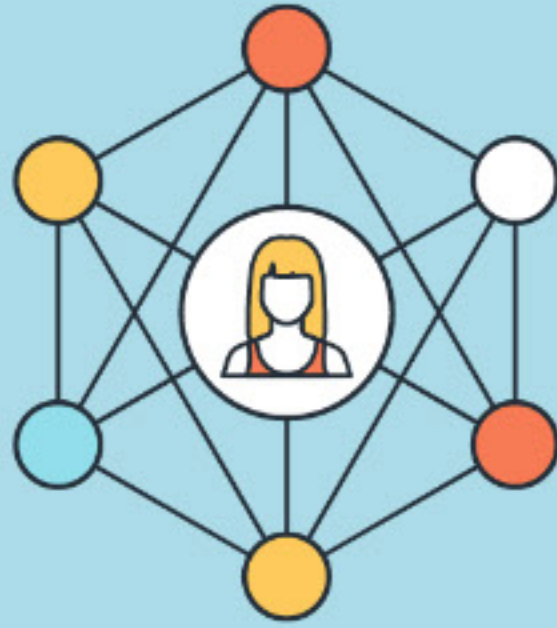


**CONNECTION
WITH
CARING ADULTS**



**INVOLVEMENT IN
HOBBIES OR
ACTIVITIES**



**CLOSENESS
WITH CARING
FRIENDS**



**PROTECTIVE
FACTORS**



**CULTURAL OR
RELIGIOUS
BELIEFS**



**POSITIVE
SELF-
ESTEEM
AND COPING
SKILLS**



**AWARENESS AND
ACCESS TO
HEALTH
SERVICES**



CARE FOR EMOTIONAL OR PHYSICAL
PROBLEMS OR SUBSTANCE ABUSE

**RESTRICTED
ACCESS TO
MEANS**



**COMMUNITY
INVOLVEMENT**



Be proactive in building protective factors for suicide prevention.



Be aware of suicide risk factors.



Previous Suicide Attempts



History of Substance Abuse



Access to harmful means



Relationship Problems



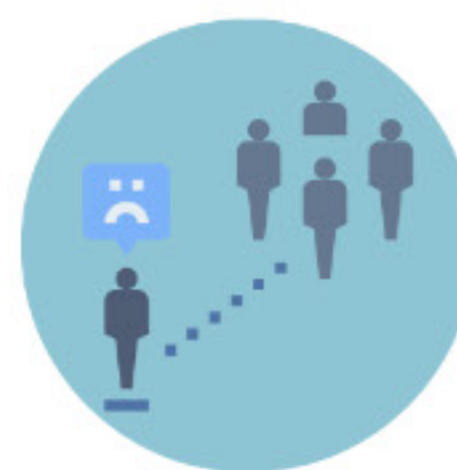
Family History
Mental or substance abuse, suicide, violence.



Losing a Friend or Family Member to Suicide



Mental Health Condition, Physical Disability or Illness



Exposure to Bullying Behavior





Warning Signs of Suicide

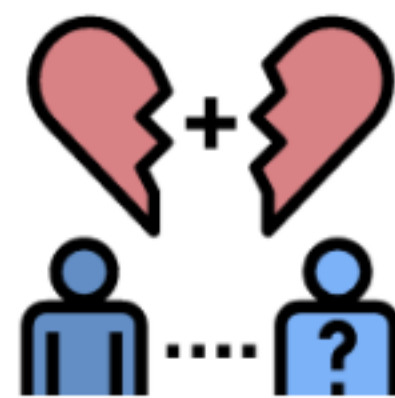
How do you know if someone is thinking about suicide?

Talking About:

- 
-  *Wanting to die*
 -  *Great guilt or shame*
 -  *Being a burden to others*

Expressing Feelings, such as:

- Empty, hopeless, trapped, or having no reason to live
- Extremely sad, lonely, anxious, or angry
- Unbearable emotional or physical pain



New or Changing Behavior, such as:

-  • Making a plan or researching ways to die
-  • Withdrawing from friends, saying goodbye, giving away important items
-  • Displaying self harm or reckless behavior
-  • Displaying extreme mood swings (uncontrollable anger, agitation, sadness or aggression)
-  • Altering eating or sleeping habits
-  • Increasing use of drugs, alcohol or other addictions

If these warning signs apply to you or someone you know, get help immediately. This is especially true if the behavior is new or has increased recently.

