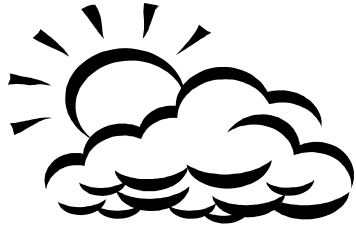


WHAT TO DO IF YOU ARE THINKING ABOUT SUICIDE?



If you're thinking about suicide, tell someone right away!!! Do not wait!

- Know that feeling suicidal does not mean that you are weak, sick, or crazy.
- No matter how bad things seem, there is help. You do not have to feel this way forever.
- Talking about your problems can make you feel better. It can feel good to talk about feelings that have been bottled up inside.
- Talk to someone you trust to help you find confidential mental health services at your school or in the community.
- Call San Francisco Suicide Prevention at (415)781-0500. It's a 24-Hour Crisis Line. They'll help you figure out what to do.
- Use the resources on the last page to get help!



WHY DO SOME YOUTH KILL THEMSELVES????



IN SOME CASES, IT'S BECAUSE OF:

A Painful Loss:

For example:

- The death of a loved one
- The end of a romance or close friendship
- A parents' divorce

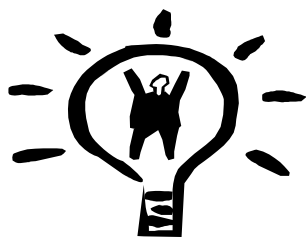
IN SOME CASES, IT'S BECAUSE OF:

Personal Problems:

Suicide may seem like a way out, if someone is dealing with:

- Depression
- Sexual, physical, or emotional abuse
- Facing problems with sexual orientation or gender identity
- A stressful life event
- Family conflict or stress
- A sense of failure/hopelessness
- Feelings of isolation/rejection
- Alcohol/drug problems





SUICIDE WARNING SIGNS



***If several of these signs describe someone you care about, it may be time to seek help! ***

- Talks about suicide & death
- Writes or draws pictures about death
- Expresses a sense of hopelessness
- Has lost interest in friends, school, activities, hobbies
- Has a recent loss of a relationship
- Says things like “people would be better off without me”
- Gives away favorite things and says goodbye to friends
- Increases the use of alcohol or drugs
- Has major changes in behavior
- Has been moody, irritable, angry, violent

WHAT SHOULD I DO IF SOMEONE I CARE ABOUT IS SUICIDAL?



- Encourage him/her to talk about his/her feelings.
- Trust your instincts. If it seems that the situation may be serious, seek help right away!
- Pay attention to talk about suicide. Ask if he/she has thought about suicide.
- Don't promise to keep your friend's "secret". You could save his/her life by getting help.
- If a friend refuses to talk to an adult, go to an adult yourself.
- Get professional help! Don't wait! It is important to seek expert advice from a mental health professional who has experience helping youth.
- Use the resources on the last page to get help/advice.
- Call San Francisco Suicide Prevention at (415)781-0500. They'll help you figure out what to do.
- If your friend has taken pills, poison, has a gun or is planning to kill him/herself NOW, call 911. **THIS IS AN EMERGENCY!!!**

