


Crisis Card #2 – Suicide Prevention

Also available in Spanish

Cards can be personalized with your organization's name and contact information

Shipping costs are included in the price of the cards.

The card sale site is at [Storefront \(asbaces.com\)](http://Storefront (asbaces.com))

<p>Organization Name Organization Phone Number Organization Street, City, State Zip Organization Website</p> <p>Is Someone at Risk for Suicide?</p> <p>→ Recognize the signs of emotional suffering</p> <p>→ Express concern, offer support and listen nonjudgmentally</p> <p>→ Ask the question directly, in a private setting and stay calm: - Are you having thoughts of suicide? - Are you thinking of killing yourself?</p> <p>If the answer is yes, ask: - Have you decided how you are going to kill yourself? - Have you decided when you would do it? - Have you collected the things you need to carry out your plan?</p> <p>→ Care enough to keep the person safe. - Do not leave them alone - Do not use guilt or threats to stop suicide, such as: "You will go to hell" or "You will ruin other people's lives if you die by suicide!" - Calmly listen. Don't agree to keep it a secret.</p> <p>→ Text or call a number for extra support—get help now Text: 741741 Call: 1-800-273-8255 - Lifeline Call 911 for transport to professional help As of 7-1-22, the National Lifeline will change to 988.</p>	<p> Suicide Warning Signs</p> <ul style="list-style-type: none">✓ Talking about wanting to die or to kill oneself✓ Writing notes or poems about death✓ Looking for a way to kill oneself, such as searching online or buying a gun✓ Talking about feeling hopeless or having no reason to live✓ Talking about feeling trapped or in unbearable pain✓ Talking about being a burden to others✓ Increasing use of alcohol or drugs✓ Deterioration in performance and daily life roles✓ Acting anxious or agitated; behaving recklessly✓ Sleeping too little or too much✓ Withdrawing or feeling isolated, change in relationships✓ Showing rage or talking about seeking revenge✓ Displaying extreme mood swings or sudden change in personality✓ Overt signs of depression (neglect of appearance, self-mutilation, crying, giving away items, visiting or calling people to say good-bye, etc.) <p><i>Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss or change.</i></p>
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