



See the signs, save a *life*.

Suicide Ideation Awareness

What is suicidal ideation?

suicidal ideation (adj.)

Having thoughts of death, taking your life, and feeling like no one will miss you.



care+solace

How to respond?

Point them to a trusted adult or peer

Reassure the person that they are not alone and that help is available.



Stay Calm and Listen

Lead with empathy, create a safe space where they feel comfortable sharing their thoughts and feelings.



Act on your instincts

If you believe the person is in immediate danger, remove any means of self-harm and seek emergency assistance.



If you, or someone you know needs help:

- Call 9-8-8 (Suicide Hotline)
- Crisis Text Line can be reached by texting HOME to 741-741

What are the signs?

Emotional

Mood swings including: feelings of hopelessness, sadness, anxiety, depression, anger, loss of interest.

Behavioral

Withdrawal, giving away possessions, recklessness, poor sleep and eating patterns, researching ways to take their life.

Verbal Cues

“I am a burden”; “Everyone would be better off without me here,” “I wish I could go to sleep and not wake up”.

Care Solace is here to support you in the early stages and connect you with providers for continued care after stabilization. For assistance, call 888-515-0595.