



# Suicide Prevention Lesson

## YCHS Counseling Team

September 10, 2020

September  
10th



World  
Suicide  
Prevention  
Day

# Suicide Prevention Resources

## Be a lifesaver



### Visit

Your Primary Care Provider  
Mental Health Professional  
Walk-in Clinic  
Emergency Department  
Urgent Care Center



### National Suicide Prevention Lifeline

1-800-273-TALK (8255)  
Veterans: Press 1



### Call 911 for Emergencies



### Find a Mental Health Provider

[findtreatment.samhsa.gov](https://findtreatment.samhsa.gov)  
[mentalhealthamerica.net/finding-help](https://mentalhealthamerica.net/finding-help)



### Text TALK to 741741

Text with a trained crisis counselor from  
the Crisis Text Line for free, 24/7

[afsp.org/resources](https://afsp.org/resources)



**American  
Foundation  
for Suicide  
Prevention**

# TAKE **5** TO SAVE LIVES

SEPTEMBER 10th IS WORLD  
SUICIDE PREVENTION DAY

#take5tosavelives



Complete all 5 steps at [take5tosavelives.org](https://take5tosavelives.org)



# Take 5

- 1.) Learn the signs
- 2.) Know how to help
- 3.) Practice self-care
- 4.) Reach out
- 5.) Spread the word

**WORLD  
SUICIDE  
PREVENTION  
DAY** ● ● ●

# 1. Learn the Signs



## 2. Know how to help: "Speak Out"



## 3. Practice Self-Care

# Self-Care Strategies for Resilience

- Start a gratitude journal 
- Prepare your favorite food 
- Make your space comfy and cozy 
- Video chat with your best friends 
- Set boundaries with your media consumption 
- Make a playlist of your favorite songs (and share with your friends)



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# TYPES OF SELF-CARE



**PHYSICAL**

- Sleep
- Stretching
- Walking
- Physical release
- Healthy food
- Yoga
- Rest



**EMOTIONAL**

- Stress management
- Emotional maturity
- Forgiveness
- Compassion
- Kindness



**SOCIAL**

- Boundaries
- Support systems
- Positive social media
- Communication
- Time together
- Ask for help



**SPIRITUAL**

- Time alone
- Meditation
- Yoga
- Connection
- Nature
- Journaling
- Sacred space

## 4. Reach Out

**If you or someone you know is in need of emotional support or help, call the National Suicide Prevention Lifeline. Trained helpers are available 24/7.**

**1-800-273-TALK (8255)**

<https://www.take5tosavelives.org/take-5-steps>



# Reach Out For Help

Reaching out is the most important step to help someone or get help for yourself:

- 1.) Talk with a close friend or family member you trust.
- 2.) Call a hotline or helpline and talk to a trained helper.
- 3.) Try e-counseling if that sounds appealing.
- 4.) Schedule an appointment with a professional therapist.
- 5.) Try a support group.

An illustration featuring two stylized, headless figures against a light beige background. The figure on the left is wearing a teal shirt with a red collar. The figure on the right is wearing an orange sweater with a light blue collar. A white speech bubble with a black outline is positioned between them, containing the text "I THINK YOU SHOULD TALK TO SOMEONE." in a hand-drawn, black, uppercase font.

I THINK YOU  
SHOULD TALK  
TO SOMEONE.

## 5. Spread the Word



# Suicide Victims

are not "weak", "selfish"  
or "cowards"...



they are fathers, mothers, sons, daughters, husbands, wives, brothers, sisters, cousins, grandchildren and friends who were in pain and are missed and loved everyday. Choose your words carefully and please don't judge what you cannot possibly understand.

*Raise awareness not stigma.*

*Out of the Ashes/FB*

**Suicide is NOT an option**

*Be There*  
**Hug Trust Hope**  
*There is Help*  
**We Care Faith**  
**Warm Safe**  
*Be Kind*  
**Calm**  
**Survive Self-Care**  
*Don't Give Up*  
**No-Stigma**  
*Spread the Word*  
**Love Light**  
*Change a Life*  
**Relax**

**Care**  
*You matter*  
**Heal Smile Bright**  
*There is Hope*  
**Care Laugh Be Patient**  
**Alive Inspire**  
*Speak Up*  
**Awareness**  
*You're Not Alone*  
**Breathe Beautiful**  
**Believe**

**Reach Out**  
**1.800.273.TALK**  
**Text HELLO to 741-741**

**Keep Going**

# Suicide Prevention Lifeline

