

SHATTER THE SILENCE

Suicide: the secret you **shouldn't** keep



WARNING SIGNS

- Talking, thinking or writing about suicide
- Talking about feeling worthless or hopeless
- Losing interest in activities
- Using or increasing use of drugs or alcohol
- Any changes from typical behavior

TALKING through feelings with your friends and trusted adults can help you realize the need for **HELP**. By showing **CONCERN** and **SUPPORT**, you can **ENCOURAGE** your friend to talk to their parents or another trusted adult about getting help.

If your friend tells you they are having thoughts of suicide...

WHAT TO DO

- Be honest and express your concern
- Listen and offer support
- Take them seriously
- Offer to accompany them to seek help

WHAT NOT TO DO

- Think it will go away
- Keep it a secret
- Think nothing can be done
- Think you can fix it all by yourself

WHERE TO GO FOR HELP OR INFORMATION

- Go to the nearest emergency room
- Call 911
- Visit www.dmh.ms.gov
- Call the National Suicide Prevention Lifeline at 1.800.273.TALK (8255)
- Call the Department of Mental Health at 1.877.210.8513