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NEEDS HELP, PLEASE CALL:**

## SUICIDE LIFE CARD

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### 911 FOR IMMEDIATE HELP

1-800-273-TALK (1-800-273-8255)  
www.suicidepreventionlifeline.org  
1-800-SUICIDE (1-800-784-2433)  
www.hopeline.com

### American Foundation for Suicide Prevention

1-888-333-AFSP (1-888-333-2377)  
www.AFSP.org

**National Mental Health Alliance**  
1-800-969-NMHA (1-800-969-6642)  
www.NMHA.org

### • Ask the Tough Question

- Listen Carefully
- Clarify what you are hearing

### • Establish an ACTION PLAN

### • FOLLOW THROUGH



2851 Johnston Street PMB #282  
Lafayette, LA 70503  
337-234-1828  
www.injacobsmemory.org

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**Am I or someone I know seriously depressed or contemplating suicide? How do I know?**

**Thoughts** – (Thinking or saying “Everyone would be better off without me” no one can do or say anything to help me now”)

**Stressful Events** – (parents divorce, didn’t make the team, bad grades, a sudden tragic death or long term illness of a friend or loved one.)

**Sudden change in behavior / attitude** – (giving away prized possessions, substance abuse, self harm/mutilation)

**Outside Appearance Changes** – (lack of interest in appearance, sleep disturbances, too much/little, health problems such as heavy weight gain or loss)

If you think that either you or someone you know might be in danger, use the following steps to find out...

**#1 – ASK THE QUESTION** – “Are you thinking about killing yourself?” Asking this question may help and will not cause them to take his/her life!

**#2 – LISTEN** – Listen with an open heart and mind and do not try to solve the problem alone or give your advice.

**#3 – CLARIFY** – Once it is made clear that you or someone you know is suicidal, you should ask the following questions:

- Do you have a plan to kill yourself?
- Would you like to talk about your reasons for wanting to die? (encourage dialogue)

- Can you think about some reasons that you may want to live? (encourage dialogue)

**#4 – ACTION PLAN** –

- Have you thought of when you are going to take your life?
- How do you plan on taking your life?
- Make a promise to each other that you all will include and inform a responsible adult right away.

**#5 – FOLLOW THROUGH** with your commitment to each other to ensure that the person at risk chooses life!

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