

Welcome to SuicideTALK, a community-oriented program exploring issues in suicide prevention.

The rate of deaths and injuries due to suicide can be reduced. Ways to reduce these rates are known but have never been attempted on a sufficient scale to demonstrate their effectiveness. The allocation of funds for suicide prevention and research is a relatively recent occurrence. The amount of funding lags far behind that for other preventable injuries and deaths.

Communities are unaware that suicide is a serious community health problem. *SuicideTALK* is designed to help make our communities aware that something can be done to prevent suicide.




SuicideTALK. An exploration in suicide awareness.





1 **SuicideTALK. An exploration in suicide awareness.**






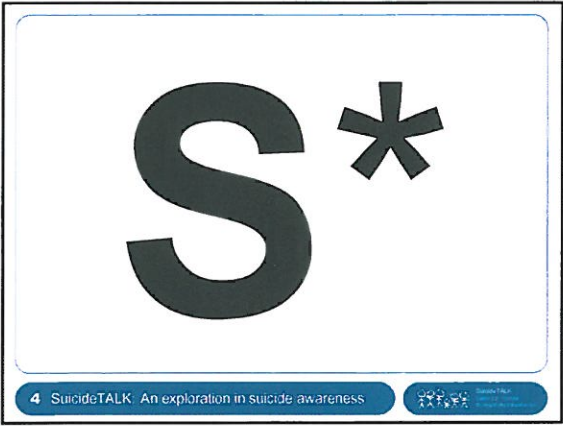
SuicideTALK

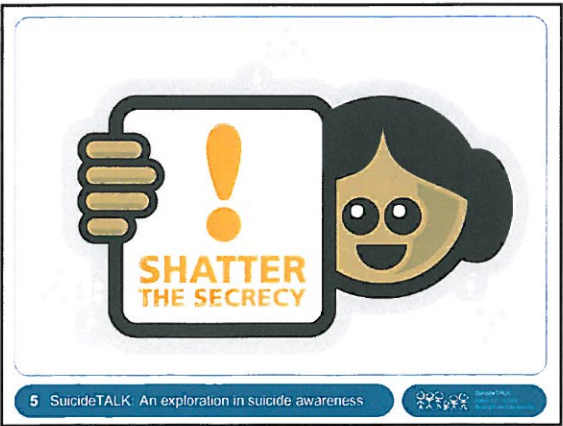
An exploration in suicide awareness

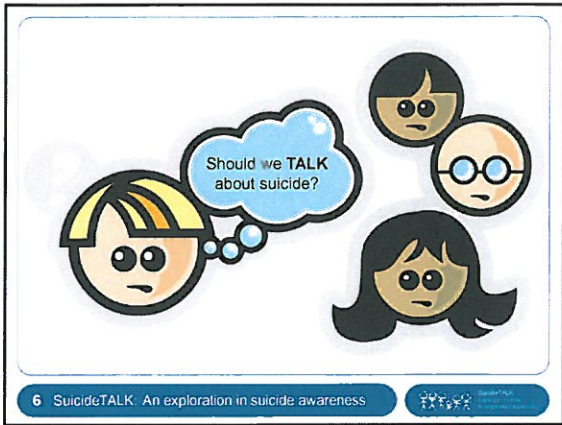
2 **SuicideTALK. An exploration in suicide awareness.**





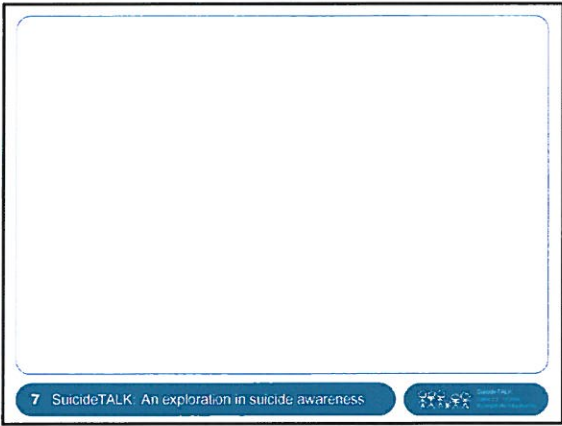






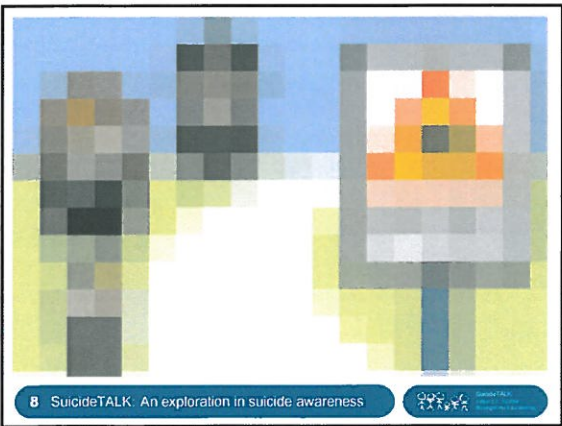
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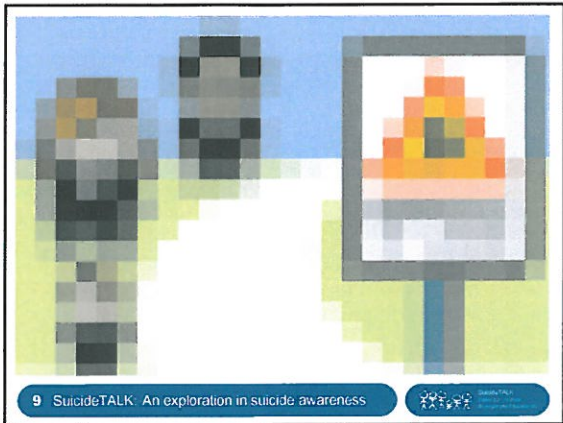
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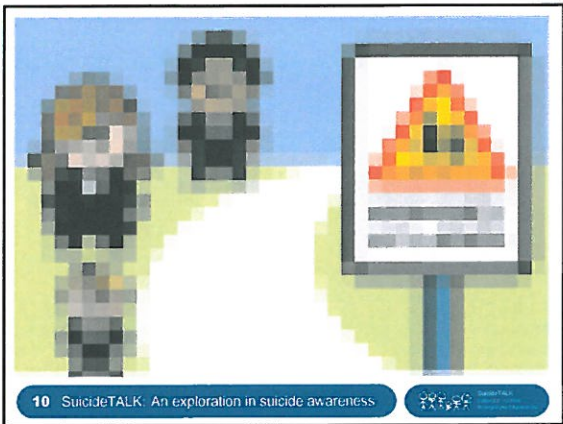




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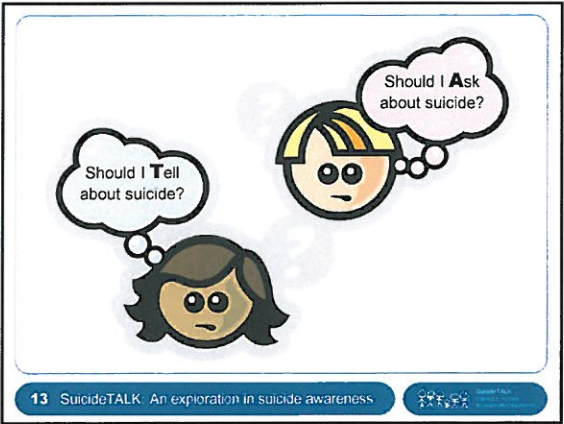


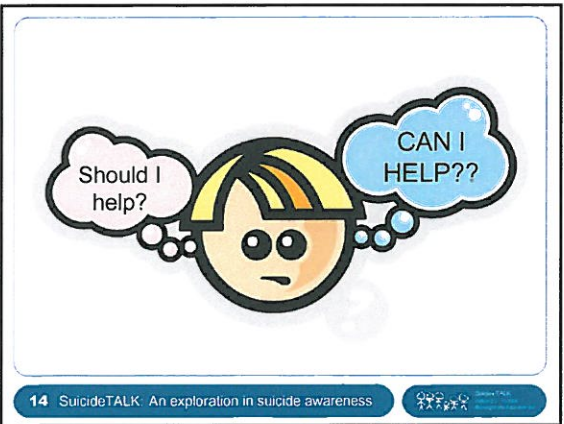












TELL



If you are having thoughts of suicide, **TELL** someone exactly what you are saying to yourself, as directly and clearly as possible.

Their reaction will **TELL** you if they can help.

Don't stop at one person, even if they can help. Find several people who take you seriously and are willing to help.

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ASK



Once you have any suspicion that someone might be thinking about suicide,

ASK them exactly that, as directly, clearly and as soon as possible.

Don't let anything distract you from **ASKing**.

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LISTEN



Encourage the person at risk to **TALK** by being a good **LISTENER**.

If you can't **LISTEN** to what they need to say, they likely won't **TALK**.

Likely they have not **TALKed** to anyone about suicide, although they may have tried many times.

Their **TALKing** (to someone who is really **LISTENing**) can be very helpful, all by itself.

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KEEP SAFE



Now is **NOT** the time to solve all of the problems.

NOW is the time to do something that keeps the person at risk **SAFE**.

Do not promise secrecy.
Remove means that might be used to complete a suicidal act.

GET HELP!

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Suicide

Tell

Ask

Listen

Keep Safe

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Things that sustain my life



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I could make one of my life-sustaining things even **more protective** or make better use of it by...

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Working
At
Living and
Keeping safe



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Additional Handouts



- Healing After a Suicide
- Invitations to ASK and TELL and More Keys to TALKing
- Want to Learn More about Intervention?
- A Matrix of Suicide Prevention Activities
- First Steps in Suicide Prevention
- Suicide Prevention in Schools
- Suicide and Mental Health
- Living with Risk at Home

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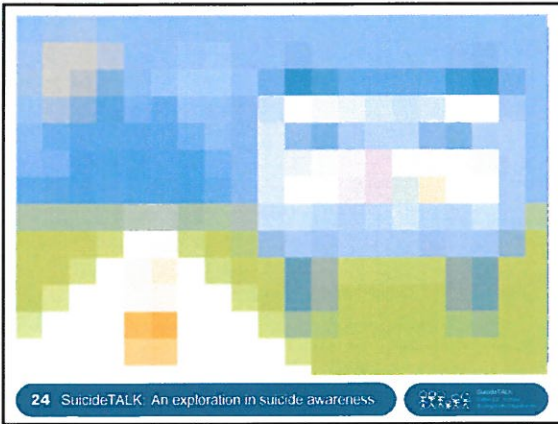
Yes, I want to be a person who **WALKS** the **TALK**

One week from today is:

On that day, I looked again at the table of suicide prevention activities on Workpage 2. I also thought about other things that are not on that list. Then I decided to...

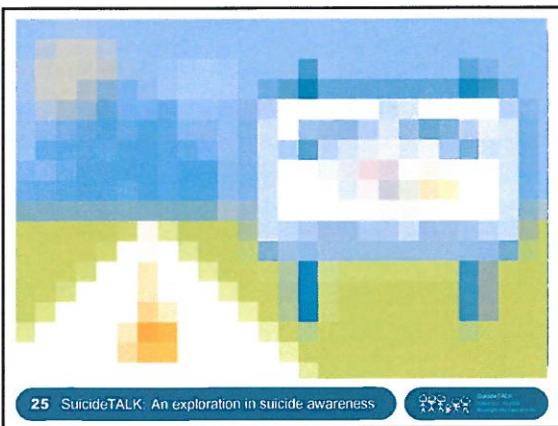
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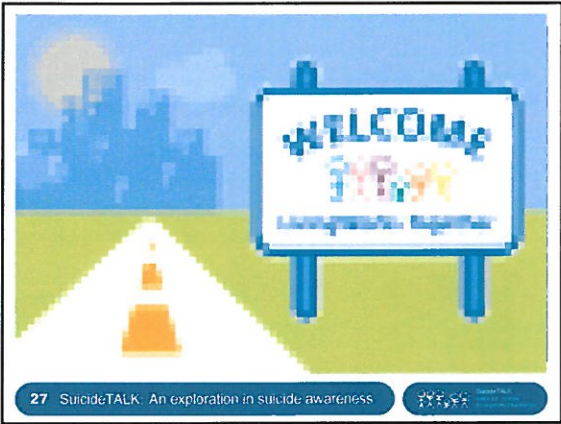
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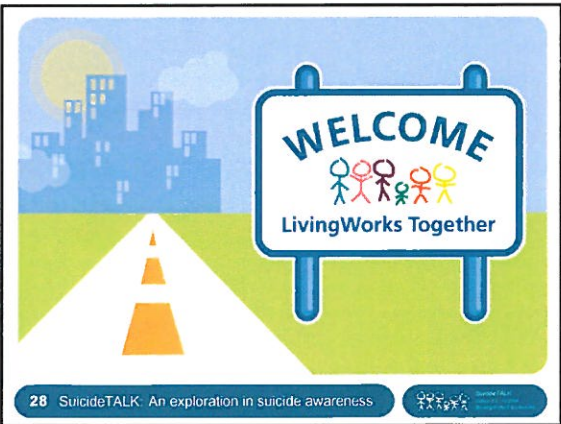
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