

See the signs, save a *life*.

A Guide to 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.



Passive Suicidality:
likely co-occurring with depression and anxiety.



Active Suicidality:
Involves imminent threat of harm to one-self.

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.



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”

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