

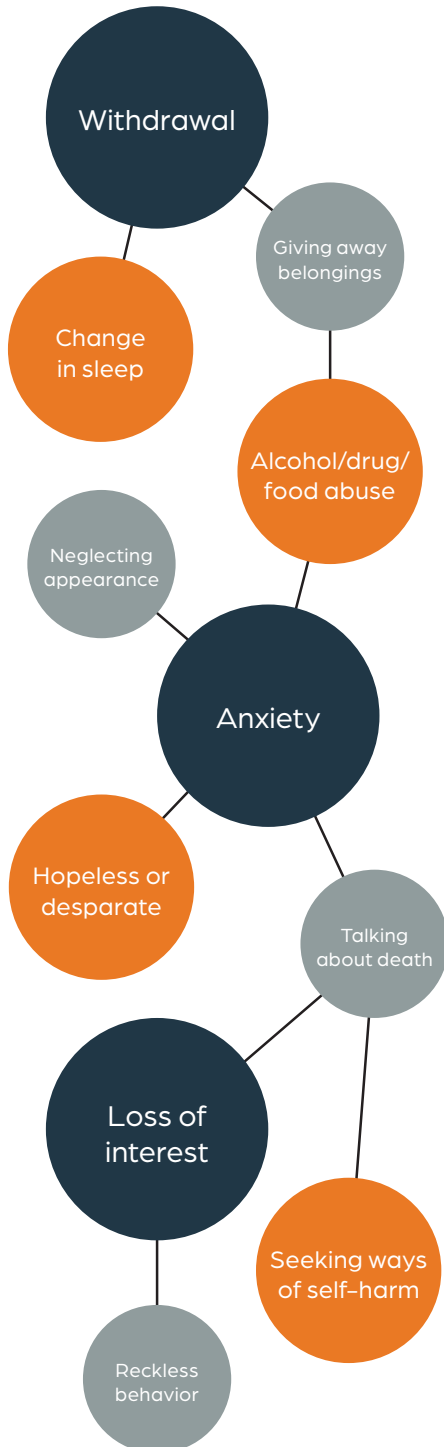


RESOURCE GUIDE FOR YOUTH IN CRISIS

HELPING SOMEONE IN DISTRESS

Credit to suicideispreventable.org

KNOW THE SIGNS



FIND THE WORDS

The ABC's of How to Say It

Approach Them:

"I've noticed you..."

- "...seem a little down lately."
- "...don't seem to care as much."
- "...sound overwhelmed."

Be Direct:

"Are you thinking of..."

- "...hurting yourself or others?"
- "...ending your life?"
- "...a plan to end your life?"

Connect:

- "This must be tough for you."
- "I'm **really** concerned about you."
- "What can I do to help?"
- "Together, let's go find help."
- "Will you promise not to harm yourself or others before we find help?"

You are **not** responsible to fix their problems,

you **are** responsible to tell someone who can help.

REACH OUT

COMPASS CARD

A tool saying,
"I NEED TO TALK".



RESOURCES

Crisis Counselor Text : 741-741
Suicide Hotline Text : 988
Or Call : 1 (800) 273-8255

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Cut out a compass card and hand it to a trusted peer or adult for you or someone else.



When your life becomes difficult to manage, it's critical to get support. Asking for help can be tough, but using the compass card and your courage can change or even save a life.

YOUR COURAGE

If you *receive* this card, SOMEONE NEEDS YOUR HELP

Please 1. Actively listen 2. Help find support 3. Follow up later

**If you *receive* this card,
SOMEONE NEEDS YOUR HELP**

Please 1. Actively listen 2. Help find support 3. Follow up later

- Courage makes things possible. It may be hard asking for help, but it's a valuable skill for life.
- Others want to help. Asking does not equal weakness, but shows maturity and strength. People feel good being there for others.
- Make the decision. The long-term benefits will outweigh any short-term discomfort.
- Pick wisely. Choose someone trustworthy who will respond with empathy and respect.
- Act in the face of fear. Summon your courage, not allowing shame or anxiety stop you.
- Speak assertively. Be direct, honest, and open.
- Several attempts. If you don't get what you need, search for other resources...

Other Resources:

Local/immediate contacts available to me in my school and/or community:

[illegible]

If you or someone you know is in emotional distress, suicidal crisis, or thinking of harming others, use the compass card and

text 988, 741-741

or call 1-800-273-8255