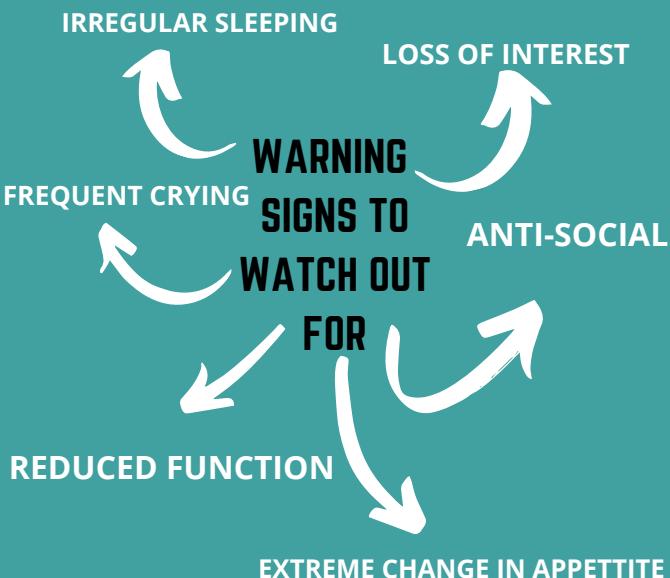


CHECKLIST OF **SUICIDAL** FEELINGS:

<input type="checkbox"/>	DEPRESSED	<input type="checkbox"/>	RESTLESS
<input type="checkbox"/>	HOPELESS	<input type="checkbox"/>	IRRITABLE
<input type="checkbox"/>	HELPLESS	<input type="checkbox"/>	NEGATIVE
<input type="checkbox"/>	WORTHLESS	<input type="checkbox"/>	GUILTY



THOUGHTS OF A **SUICIDAL** PERSON:



REMEMBER TO ASK FIRST:

ARE YOU HAVING **SUICIDAL THOUGHTS**

or

ARE YOU THINKING ABOUT **KILLING YOURSELF**

HOW TO TAKE ACTION:

1. **NEVER** leave someone suicidal alone.
2. **Remove the means of suicide** available to the person if it is safe to do so.
3. **Inform immediate family members** about intention of suicide. **Collaborate for safety.**
4. **Call for professional help.**
5. **COMMUNICATE** with the person.

National Suicide Prevention

Lifeline

Hours: Available 24 hours.

Languages: English, Spanish.

Number:

1-800-273-8255

SUICIDE PREVENTION 101

**“STAY ALIVE
FOR YOU MAY
SAVE A LIFE.”**

Juansen Dizon



WT HEALTH AND WELLNESS
PROMOTION

WT Student Counseling Services
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