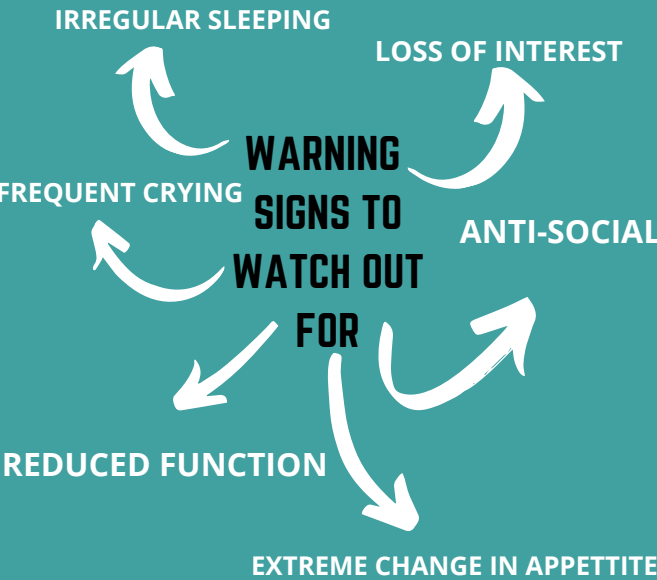


CHECKLIST OF **SUICIDAL** FEELINGS:

<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:

I don't have any reason to live

I don't care about anything anymore

The world would be better without me

Life is meaningless

I just want the pain to end

I want to kill myself

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
LifelineHours:
Available 24 hours. Languages:
English, Spanish.
Number:
1-800-273-8255

SUICIDE PREVENTION 101

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

Juansen Dixon



WT HEALTH AND WELLNESS
PROMOTION

WT Student Counseling Services
WEST TEXAS A&M UNIVERSITY.