Suicide Prevention

Helping Peers Remember

► Don’t be afraid to be wrong

► Just talking to them can make a big difference

► Be concerned if people tell you that they have a detailed suicide plan or have the means to hurt themselves

► Don’t pretend you have the answers

► THE MOST IMPORTANT THING YOU CAN DO… IS HELP THEM GET ASSISTANCE FROM A RESPONSIBLE ADULT

Remember

► The most important thing you can do… Is help them get assistance from a responsible adult

For More Information
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