

## SUICIDE PREVENTION DO'S AND DON'TS

DO	DON'T
<p data-bbox="363 396 521 426">REACH OUT</p> <p data-bbox="352 474 532 504">BE YOURSELF</p> <p data-bbox="285 552 599 581">SHOW THAT YOU CARE</p> <p data-bbox="90 627 792 695">LET THE PERSON KNOW THAT THEY ARE IMPORTANT TO YOU</p> <p data-bbox="253 743 631 772">ENCOURAGE THEM TO TALK</p> <p data-bbox="110 821 773 888">LISTEN AND LET HIM OR HER EXPRESS THEIR PAIN AND ANGER</p> <p data-bbox="95 911 787 940">LET HIM OR HER KNOW THAT THEY ARE NOT ALONE</p> <p data-bbox="178 963 704 993">LISTEN WITHOUT MAKING JUDGMENTS</p> <p data-bbox="342 1016 540 1045">REMAIN CALM</p> <p data-bbox="358 1068 524 1098">BE POSITIVE</p> <p data-bbox="159 1121 722 1150">LET THEM KNOW THAT HELP IS AVAILABLE</p> <p data-bbox="358 1173 524 1203">OFFER HOPE</p> <p data-bbox="115 1226 766 1293">ASK DIRECT QUESTIONS: ARE YOU PLANNING ON KILLING YOURSELF? HOW? WHEN? WHERE?</p> <p data-bbox="305 1316 578 1346">KNOW YOUR LIMITS</p> <p data-bbox="378 1369 505 1398">GET HELP</p> <p data-bbox="152 1421 732 1488">ACT QUICKLY IF YOU THINK HE OR SHE IS IN IMMINENT DANGER</p>	<p data-bbox="868 396 1471 426">MAKE THEIR PROBLEM SEEM UNIMPORTANT</p> <p data-bbox="1118 449 1219 478">ARGUE</p> <p data-bbox="1073 501 1265 531">ACT SHOCKED</p> <p data-bbox="932 554 1406 583">KEEP THEIR SUICIDE PLAN A SECRET</p> <p data-bbox="859 606 1482 636">PROMISE CONFIDENTIALITY-A LIFE IS AT STAKE</p> <p data-bbox="833 659 1508 726">TRY TO TAKE ANY WEAPONS AWAY FROM HIM OR HER</p> <p data-bbox="836 749 1505 779">LEAVE THEM ALONE WHEN HE OR SHE IS IN CRISIS</p> <p data-bbox="826 802 1515 869">ASSUME THAT HE OR SHE IS SIMPLY HAVING A BAD DAY</p> <p data-bbox="982 892 1359 921">OFFER TO FIX THE PROBLEM</p> <p data-bbox="852 945 1489 1012">TAKE ON RESPONSIBILITY FOR THEIR SAFETY BY YOURSELF</p> <p data-bbox="834 1035 1503 1064">LOSE PATIENCE IF THEY TRY TO REJECT YOUR HELP</p> <p data-bbox="1049 1087 1289 1117">BLAME YOURSELF</p> <p data-bbox="1073 1140 1265 1169">GIVE UP HOPE</p> <p data-bbox="846 1192 1495 1222">STOP BEING A GOOD FRIEND NO MATTER WHAT</p>