

## Module 2: Looking in Your Blind Spot

### Topic 4 Content: Suicide Prevention

#### Strategies to Prevent Suicide



*Strategies*

- Recognize warning signs.
- Always take talks about committing suicide seriously.
- Never bargain with someone who is thinking about suicide.
- Any discussion about suicide requires immediate intervention.
- With adequate help and support, people can find new purpose in life.

Your ability to recognize the warning signs of suicide in yourself and others can mean the difference between life and death.

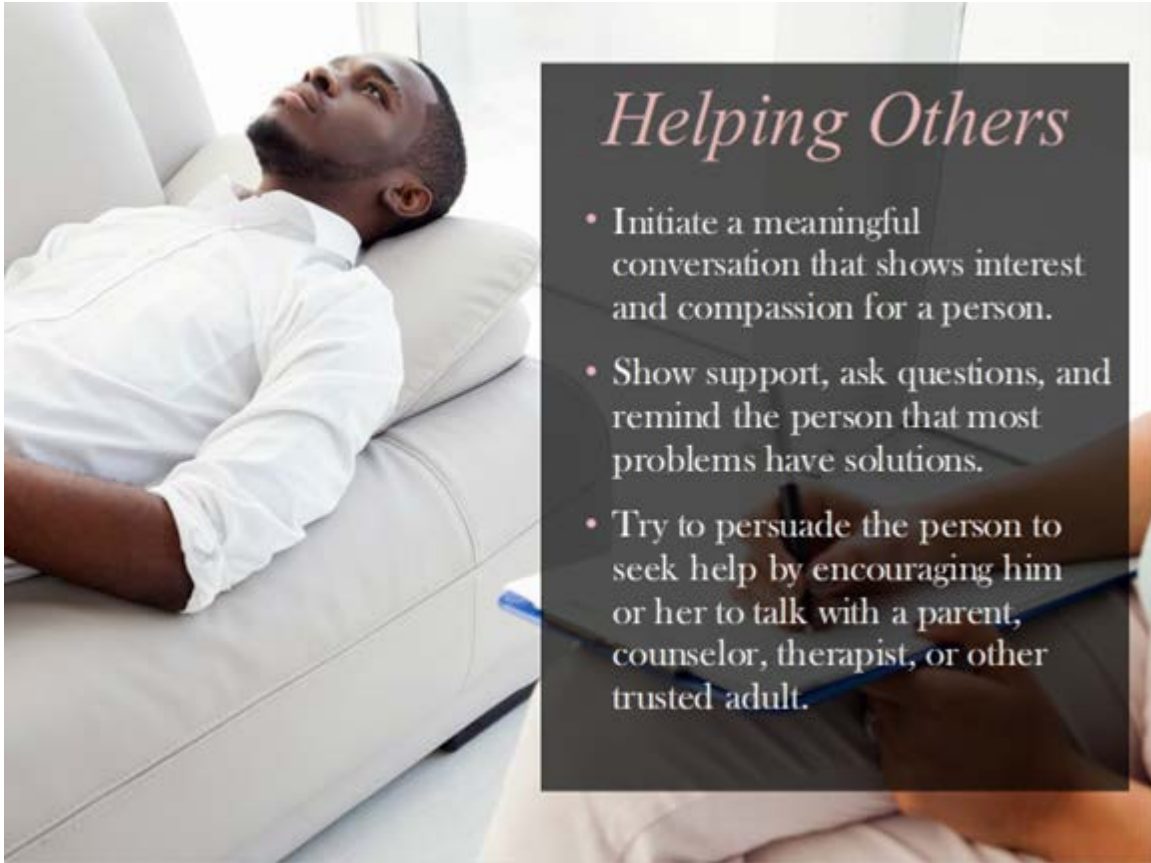
- Always take talk about committing suicide seriously
- Never bargain with someone who is thinking about suicide
- Any discussion about suicide requires immediate intervention

With adequate help and support, people suffering from depression, extreme stress, or other mental and emotional problems can find new purpose in life.

## Module 2: Looking in Your Blind Spot

### Topic 4 Content: Suicide Prevention

#### Helping Others



It is critical to show concern and empathy toward someone who is thinking about suicide.

- Initiate a meaningful conversation that shows interest and compassion for a person.
- Show support, ask questions, and remind the person that most problems have solutions.
- Try to persuade the person to seek help by encouraging him or her to talk with a parent, counselor, therapist, or other trusted adult.