



# TOGETHER WE CAN PREVENT SUICIDE

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## NOTICE

Know the warning signs for a person who may be struggling with thoughts of suicide:

- Talking about wanting to die, feeling hopeless or having no reason to live
- Obtaining lethal means such as stockpiling pills or obtaining a gun
- Talking about feeling trapped, being in unbearable pain, or being a burden to others
- Increased use of alcohol or drugs
- Acting unusually anxious, agitated, or behaving recklessly
- Withdrawing or feeling isolated

## ASK

If you notice warning signs that someone may be considering suicide, always ask them directly:  
**"Are you having thoughts of suicide?"**

## LISTEN

If someone tells you they are having thoughts of suicide, it is important that you **listen to them non-judgmentally**, and **acknowledge their pain** as real and valid. Refrain from saying things designed to make them feel guilty or ashamed, as this will not deter them.

## CONNECT

After listening non-judgmentally, help connect them to resources:

- National Suicide Prevention Lifeline: call or text **988**
- Wisconsin Farm Center- 24/7 Farmer Wellness Hotline: **888-901-2558**
- National Youth Crisis Hotline: **(800) 442-HOPE (4673)**
- Trevor Lifeline (LGBTQ+): **1-866-488-7386** or Text **START** to **678-678**
- Solstice House (24/7 non-crisis warmline): **(608) 244-5077**
- **nowmattersnow.org** and **preventsuicidewi.org/find-help**