


TALK: I need to Tell

- I need to openly **Tell** someone about my thoughts of suicide.
- I would like to **Tell** several people.
- I am aware that I may be cautious in saying it as openly as I want to.
- I will be watching for reactions.

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TALK: I need someone to Ask

- Once I have given you any reason to think that I might be thinking about suicide, please **Ask** me exactly about suicide.
- **Ask** me as directly, clearly and as soon as you can.
- Right now that is exactly what I want to you do.

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TALK: I need someone to Listen

- I hope you are a good **Listener**.
- I hope you will **Listen** to what I need to say, not to what you might like me to say.
- I have not really talked to anyone about suicide.
- I need to clear my thoughts by talking through them.

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TALK: I need help Keeping Safe

- I don't know what to do.
- Can you help me think about what needs to be done?
- Can you help me avoid dangers I may not fully recognize?

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- I need to **Tell** someone about my thoughts of suicide.
- I need someone to **Ask** me about my thoughts of suicide.
- I need someone to **Listen** to my thoughts and feelings about suicide.
- I need help **Keeping Safe** from suicide.


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I need to **Tell** someone about my thoughts of suicide. I am alert to your needing to **Tell** me.

I need someone to **Ask** me about my thoughts of suicide. I am willing and able to **Ask** you directly.

I need someone to **Listen** to my thoughts and feelings about suicide. I am willing and able to **Listen** to your thoughts and feelings about suicide.

I need help **Keeping Safe** from suicide. I am willing and able to help you **Keep Safe**.


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neighbors	medical support	responsibilities	hope
religion	Things that sustain my life...	mental health support	faith
work		family	health
things to do in the future		hobbies/recreation	financial security
		friends	

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I could make better use of my life-sustaining things by...

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TALK: I need help Keeping Safe

- I don't know what to do.
- Can you help me think about what needs to be done?
- Can you help me avoid dangers I may not fully recognize?

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TALK
Working At Living and Keeping Safe

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Yes, I want to be a person who WALKS the TALK

One week from today:
On that day, I looked again at the table of suicide prevention activities on the *Exploration Worksheet*.
I also thought about other things that are not on that list.
Then I decided to...



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suicide...



25.1 suicideTALK: An exploration in suicide awareness 


Additional handouts

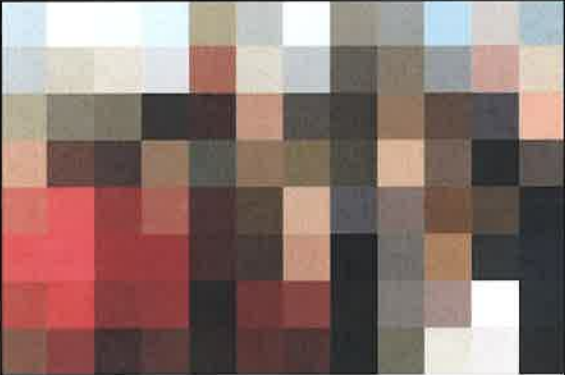
- Learn Suicide Alertness Skills
- Programs for a Suicide-Safer Community
- Learn Suicide Intervention Skills
- Suicide Intervention Handbook


25.2 suicideTALK: An exploration in suicide awareness 

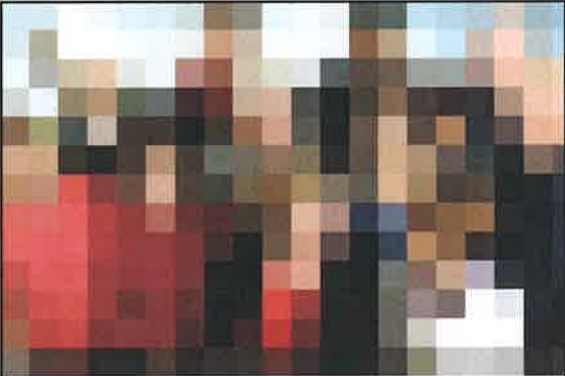
Additional handouts

- Healing After a Suicide
- A Matrix of Suicide Prevention Activities
- First Steps in Suicide Prevention
- Suicide Prevention in Schools
- Suicide and Mental Health
- Living with Risk at Home

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26 suicideTALK: An exploration in suicide awareness 



27 suicideTALK: An exploration in suicide awareness 