



Support Systems for Suicide Prevention

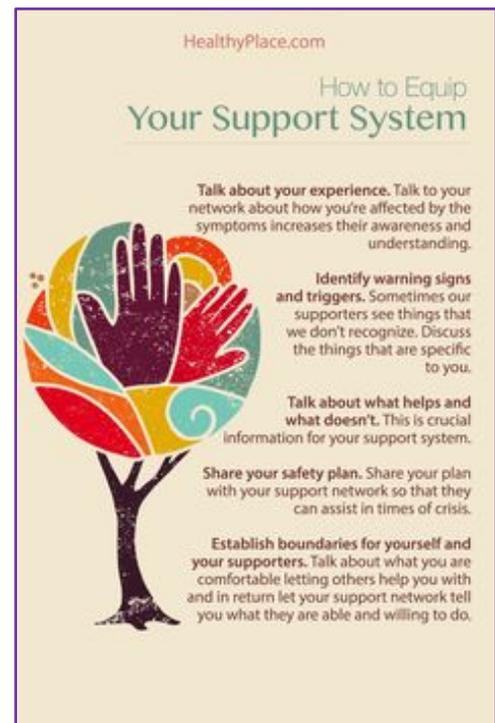
Globally, suicide is an epidemic that claims over 800,000 lives per year or career field. Many of us will experience the impacts of suicide at some point in our lives, whether it be knowing someone who has completed suicide or knowing someone who has had suicidal thoughts. Often preventable, suicide remains the tenth leading cause of death.

Many of those who have survived a suicide attempt have shared common insights to how they came to the point of attempting to end their lives. “Feeling like a burden” because their minds have convinced them this is true, “feeling like no one cares” because maybe they have become isolated or can’t see the connections surrounding them. No one told them “it’s ok to not be ok” and so they found themselves feeling despair and alone.

If you are experiencing feelings of suicide, don’t sit in denial, don’t struggle alone. Building a support system is an important step to navigating out of a place that can feel scary and lonely. A support system allows you the space to safely make changes, to identify those you trust when you need them and to allow yourself to be heard free of judgement.

How to Build a Support System

- Identify a family member or friend you can relax with and feel comfortable around to be yourself.
- Include someone you regularly converse with, someone who you find easy to communicate with and who doesn’t judge you.
- Identify at least one person you have fun with, that makes you laugh, and allows you to be yourself.
- A support system can include family, friends, teachers, healthcare providers, faith leaders, or any trusted individuals in your inner circle.
- Ensure those in your support system have your best interest in mind.
- Identify triggers and easy mechanisms of communicating when you are in a healthy mindset so that you can share quickly how you feel during a time that might be challenging for you to communicate. For example, using codes, such as: green for excellent, yellow for mildly stressed but functioning, orange for feeling overwhelmed, and red for anxiety or to indicate the need for professional care. These color codes provide a simple mechanism for your support system to better understand what support is needed.
- Build your support system in advance; don’t wait until there is a crisis to build your support system or identify professional healthcare providers.



To learn more about building a support system, please visit:

<https://www.youtube.com/watch?v=WcSU9iZv-g&feature=youtu.be>