



SHIAWASSEE
COUNTY
COMMUNITY

**Mental Health
Authority**

For Mental Health
emergencies call

989.723.6791

800.622.4514

24 hour, 7 days a week

Why do suicidal thoughts occur?

- Isolation
- Relationship problems
- Severe family, school problems
- Depression, chronic stress
- Surviving domestic violence
- Low self-esteem

Start interventions immediately. Be patient.
Do not rush a person. Be calm and flexible.
What is the main issue? Explore solutions.

- Do not say "Don't feel like that".
- Do not promise what you can't guarantee.
- Don't leave the person alone.
- Don't keep a secret. Remember a mad friend is better than a dead friend.

**Prevent Youth
Suicide**

**The Fastest Growing killer of
youth in America today!**

Please keep this card for yourself or give to other teens. If someone is in a crisis or needs help, get in touch with someone you trust: a friend, parents, school personnel, coach, clergy, counselor, mental health worker, or others. People do care and will help.

If someone else is in trouble:

- Stay with that person
- Listen, really listen
- Get them to help or call someone who can help
- Call law enforcement or ambulance if there is imminent danger.

Problems are a part of life but they can be worked through. Needing help is not failing! It is smart!

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