

When Life Gets So
Hard You Do Not
Want to Live

When life is hard, some people think about suicide.

- Suicide means ending your own life.
- Suicide means that you choose to die.
- Suicide means there is no tomorrow.

There are ways to make your life happier and better.

- If you are thinking about suicide:
 - Tell someone right away— a friend, family member, someone who works with you, or a doctor.
- Call the National Suicide Prevention Lifeline.
 - Someone will listen to you and suggest where you can find help.
 - The number is: 1-800-273-TALK (8255) or TTY: 1-800-799-4TTY (4889).



Sometimes life gets hard when:

- You're sick or in the hospital for a long time.
- Someone you like moves away or dies.
- Part of your body doesn't work right.
- You feel like people are always telling you what to do.
- You forget to take medicine or it doesn't work anymore.
- You drink too much alcohol or take too many drugs.



Sometimes life gets hard when:

- Something really bad happens and you think about it everyday.
- You get hurt or abused by someone.
- It is hard to get other people to understand you.
- You're very lonely, sad, or worried about things.

When people think about suicide, they might:

- Say things like:
 - “I wish I were dead.”
 - “Life is not worth living.”
 - “My family would be happier without me.”
- Talk about death a lot.
- Watch TV shows or listen to music about death.
- Play games about death.
- Think about ways to hurt themselves.
- Do things to hurt themselves.

Some people who think about suicide do not talk about it.

- They might:
 - Start to stay away from their friends and family.
 - Not go to work.
 - Stop doing things they used to like.
 - Be mad all of the time.
 - Be very grumpy all of the time.
 - Do things that are dangerous.

If this sounds like you or someone you know:

- Tell someone how you're feeling right away.
- Tell a support person that someone you know is in danger!



If you think about hurting yourself:

- There are lots of people who can help you!
 - A mental health telephone help line
 - A doctor, therapist or social worker
 - Your support person
 - A friend or family member



If you think about hurting yourself:

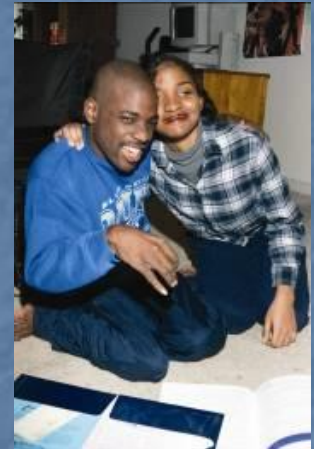
- Make a list of people you can call for help.



- You can make your list and print it out here:
 - <http://www.ddssafety.net/health/mental-health/my-call-list>

How can you keep from thinking about hurting yourself?

- Talk to people on your list **any time** you feel sad or upset. Especially talk to:
 - Family members.
 - Friends.
 - People who work with you.
 - Doctors.



- Make sure you take the medicine that you're supposed to take.
- Some medicine helps you stop thinking about hurting yourself.

How can you keep from thinking about hurting yourself?

- Work with a counselor or therapist to figure out:
 - What things make you think about hurting yourself?
 - How you can stay away from those things?
 - What will make your life better?
 - How you can make changes in your life?
- Learn more about counseling and therapy here:
 - <http://www.ddssafety.net/health/mental-health/if-you-need-someone-talk-counseling-and-therapy>



If someone tells you they are thinking about hurting themselves:

- Tell someone else right away or call 911.



You may save the person's life!

Learn more about preventing suicide:

- Depression and Suicide Information – SAVE
<https://save.org/about-suicide/mental-illness-and-suicide/depression/>
- National Suicide Prevention Lifeline – 1-800-273-TALK (8255) or TTY: 1-800-799-4TTY (4889)
<http://www.suicidepreventionlifeline.org/>
- Suicide Prevention: Information for Individuals and Families
https://mn.gov/omhdd/assets/suicide-brochure-standard-2013_tcm23-27618.pdf