

SUICIDE PREVENTION

IT'S OK
TO ASK
FOR HELP

BREAK THE
STIGMA



Learn the warning signs and get tips on
how to start a conversation!

Visit **talkawaythedark.afsp.org**

SUICIDE IS
THE **SECOND**
LEADING
CAUSE OF
DEATH FOR
WASHINGTON
TEENS
15-19 YEARS
OLD

BREAK THE
STIGMA

(Washington State Department of Health, 2023)



Public Health & Social Services

TOGETHER **WE CAN**
PREVENT SUICIDE
CALL OR TEXT 988



4 ACTION STEPS FOR HELPING SOMEONE IN EMOTIONAL PAIN



Ask

01

"Are you thinking about killing yourself?"



Keep them safe

02

Reduce access to lethal items or places



Be there

03

Listen carefully and acknowledge their feelings



Help them connect

04

Call or text the **988** Suicide & Crisis Lifeline number





THURSTON COUNTY
WASHINGTON

SINCE 1852

Public Health & Social Services



thurstoncountywa.gov

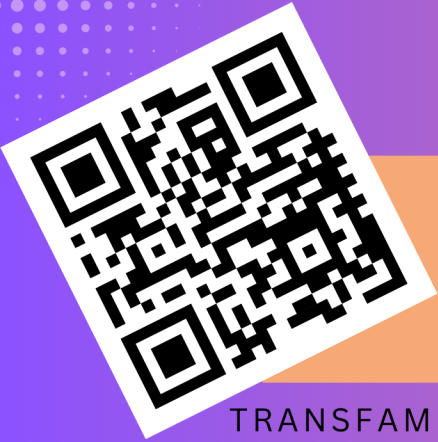
**Nearly 1 in 5
U.S. adults live
with a mental
illness.**

You are not alone.

**SCAN FOR
RESOURCES**

Contact PHSS_mentalhealth@co.thurston.wa.us for more information

Visit these resources for LGBTQ+ Youth



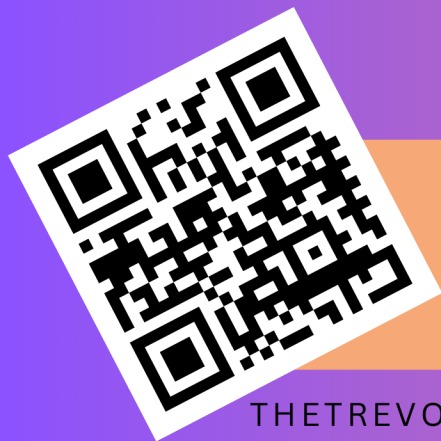
Providing hope & support for
trans youth

TRANSFAMILIES.ORG



Supporting LGBTQ+ youth to
survive & thrive

STONEWALLYOUTH.ORG



Find your community at
TrevorSpace

THETREVORPROJECT.ORG



Empowering LGBTQ+ youth to
define their own journey

ITGETSBETTER.ORG





QUESTION PERSUADE REFER



Public Health & Social Services

3 SIMPLE STEPS ANYONE CAN LEARN TO HELP SAVE A LIFE FROM SUICIDE

THURSTON COUNTY PUBLIC HEALTH & SOCIAL SERVICES

**WILL NOW OFFER QPR TRAININGS
TO THE COMMUNITY &
COMMUNITY ORGANIZATIONS**

**SCAN TO REQUEST
QPR TRAININGS**

