

**IF YOU OR ANYONE YOU KNOW
NEEDS HELP, PLEASE CALL:**



SUICIDE LIFE CARD

- Ask the Tough Question
- Listen Carefully
- Clarify what you are hearing
- Establish an ACTION PLAN
- FOLLOW THROUGH



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back

front

Am I or someone I know seriously depressed or contemplating suicide? How do I know?

Stressful Events - (i.e. parents divorce, didn't make the team, bad grades, sudden tragic death or long term illness of a friend or loved one.)

Sudden change in behavior/ attitude - (i.e. giving away prized possessions, substance abuse, self-mutilization)

Thoughts - (i.e. everyone would be better off without me, no one can do anything to help me now)

Outside Appearance Changes - (i.e. lack of interest in appearance, long sleepless nights, health problems such as heavy weight gain or loss)

If you think that either yourself or someone you know might be in danger, use the following steps to find out . . .

#1 - ASK THE TOUGH QUESTION

"Are you thinking about killing yourself?"
Asking this question may help and will not cause the person to take his/her life!

#2 - LISTEN Listen with an open heart and mind and do not try to solve the problem alone or give your advice.

#3 - CLARIFY Once it is made clear that you or someone is suicidal, you should ask the following questions:

- Do you have a plan to kill yourself?
- Would you like to talk about your reasons for wanting to die? (*encourage dialogue*)
- Do you want to speak about your reasons that you may want to live! (*encourage dialogue*)

#4 - ACTION PLAN

- Have you thought of when you are going to take your life?
- How do you plan on taking your life?
- Make a promise to each other that you all will include and inform a responsible adult right away.

#5 - FOLLOW THROUGH with your commitment to each other to ensure that the person at risk chooses life!

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