

BE AWARE OF FEELINGS, THOUGHTS, AND BEHAVIORS

Nearly everyone at some time in his or her life thinks about suicide. Most everyone decides to live because they come to realize that the crisis is temporary, but death is not. On the other hand, people in the midst of a crisis often perceive their dilemma as inescapable and feel an utter loss of control. Frequently, they;

Can't stop the pain

If you experience any of these feelings, get help!

Can't think clearly

Can't make decisions

If you know someone who exhibits these feelings, offer help!

Can't see any way out

Can't sleep, eat, or work

Can't get out of the depression

Can't make the sadness go away

Can't see the possibility of change

Can't see themselves as worthwhile

Can't get someone's attention

Can't seem to get control

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