



# BATTLE BUDDY CHECKS

(This card is used to facilitate instruction, questions to ask – answers ETC... If the back is required – that’s OK – but try to limit to one card for reference)

## Warning Signs.

- Losing interest in things they used to care about. Saying things like "it would be better if I wasn't here" or "I want out". Talking about suicide or killing one's self. Putting affairs in order, tying up loose ends, changing a will. Always talking or thinking about death. Clinical depression -- deep sadness, loss of interest, trouble sleeping and eating -- that gets worse.

## Risk Factors.

- Certain Risk Factors Are: One or more prior suicide attempts, Family history of mental disorder or substance abuse, Family history of suicide, Family violence, Physical or sexual abuse, Keeping firearms in the home, Chronic physical illness, including chronic pain, Exposure to the suicidal behavior of others.

## How to Help & Assist.

- Speak up if you're worried, Respond quickly in a crisis, Offer help and support.

## How to Talk and Help.

- Be yourself. Let the person know you care, that he/she is not alone. Listen. Let the suicidal person unload despair, ventilate anger. Be sympathetic, non-judgmental, patient, calm, accepting. Offer hope. Reassure the person that help is available and that the suicidal feelings are temporary. If the person says things like, "I'm so depressed, I can't go on," ask the question: "Are you having thoughts of suicide?"

## What Not To Do.

-Argue with the suicidal person. Avoid saying things like: "You have so much to live for," "Your suicide will hurt your family," or "Look on the bright side." Act shocked, lecture on the value of life, or say that suicide is wrong. Promise confidentiality. Offer ways to fix their problems, or give advice, or make them feel like they have to justify their suicidal feelings. Blame yourself.

**-Suicide Prevention Line: 1-800-273-TALK now**