

# FOSTERING SUICIDE-SAFE COMMUNITIES



PREVENTION  
COLLABORATION  
COMMUNITY STRENGTHS  
ACTION RESEARCH

[cwcskenya.weebly.com](http://cwcskenya.weebly.com)

Adapted from [www.lifeline.org.au](http://www.lifeline.org.au)

## REACH OUT

**ASK** - If you think someone might be suicidal, it is okay to ask them directly, "**ARE YOU THINKING ABOUT SUICIDE?**"

**LISTEN AND STAY WITH THEM** - If they say **YES**, listen to them and allow them to express how they are feeling.

**GET HELP** - Reach out @Tu\_Ongee, this is a free crisis chat service on the Telegram app. Get them appropriate help with a psychiatrist, psychologist, or counselor

## KNOW THE SIGNS OF SUICIDE

**SITUATIONS** - recent loss (e.g. loved one, job, etc.), major disappointment, mental health condition, physical illness or injury

**FEELINGS** - hopelessness, trapped, depressed, moody, angry, worthlessness

**ACTIONS** - previous suicide attempts, talking about suicide, saying goodbye, giving away possessions, increased use of alcohol or drugs