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## THINGS TO KNOW if you have THOUGHTS OF SUICIDE

### This is PROBABLY TEMPORARY:

Nearly every survivor of a suicidal crisis or attempt is glad they lived through it or reached out for help before they attempted. Most suicidal people don't truly want to die...they just want to be free from whatever situation or feeling is contributing to suicidal thoughts. People with thoughts of suicide often feel it's their only option, but with time and help from others, better options become available.

### Things will PROBABLY GET BETTER:

It may be hard to realize it now, but your situation will very likely get better. Try to remember things won't stay the same as they are now. People who are suicidal often feel very hopeless, so much so it can paint a very bleak vision of the future. With time and help from others, crisis situations or life circumstances can, and usually do, get better.

### AVOID drugs and alcohol:

While it may be tempting to cope with your feelings by drinking or using drugs, or to go out and be social at bars/parties, using substances when you're in crisis or feeling suicidal isn't a good idea because it clouds your thinking and judgment. Stick to more effective ways of coping/socializing. If you are in recovery and avoiding use is difficult right now, reach out to a sponsor or professional resource.

### There is HELP:

Even though it may be hard to believe right now, there are friends, family, and professionals who care about you and are willing to help. They aren't too busy. You aren't a burden. They are about you and your safety is important to them. Create a list of people you can call and see the resource list.

### The Kevin Hines Story:

Kevin Hines shares his own personal story with suicide and is passionate about suicide prevention and support. His first documentary, *The Bridge*, speaks to his own story of one who survived jumping off the Golden Gate, and he has a second documentary under promotion as well as a few books and presentations. Visit his website at [www.KEVINHINESSTORY.COM](http://www.KEVINHINESSTORY.COM).

### Ways to STAY SAFE (Things you LIKE TO DO):

1. What are 3 activities you can do to help take your mind off of suicide?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
2. What 3 people or places can provide distractions from suicidal thoughts?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_

### Remove any means or weapons:

3. What do you need to do to make your environment safe? *Eliminate guns, knives, weapons, or medications that might be dangerous for you; ask a friend or family member to hold onto these items; ask someone to stay with you or if you can stay with someone; Police will hold weapons or help you remove means. If you need a safe place to stay, Hope House in Bozeman may be an option (406) 585-1130.*

### Who can you talk to for help about suicide?

4. What friends, family members, or professional resources can you, and will you, call for help?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_

### Professional Resources:

Bozeman Help Center: 406-586-3333  
National Suicide Prevention: 800-273-8255  
Hope House: 406-585-1130  
Crisis Text Line: 741741  
Bozeman Health Hospital: 406-585-1000  
My3 App: My3App.org  
Police Departments: 911



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