



SUICIDE

**SUICIDE
ATTEMPT**

**SUICIDAL
THOUGHTS**

**SUICIDAL
THREAT**

**INTRUSIVE
THOUGHTS**

HOPELESSNESS

WORTHLESSNESS

BROKENHEARTED



HOPE

**WHEN SOMEONE
ENDS THEIR OWN
LIFE ON PURPOSE**

**WHEN SOMEONE
TRIES TO END THEIR
LIFE ON PURPOSE BUT
DOESN'T SUCCEED**

**WHEN SOMEONE
THINKS ABOUT OR
CONSIDERS ENDING
THEIR LIFE**

**WHEN SOMEONE
TALKS ABOUT OR
WRITES THAT THEY
WILL ATTEMPT TO
END THEIR LIFE**

**UNWANTED AND
UNPLEASANT THOUGHTS,
IMAGES, AND URGES
THAT CAN POP INTO
OUR HEADS WITHOUT
WARNING AND FOR
NO REASON**

**WHEN SOMEONE
BELIEVES THAT LIFE
CAN'T GET BETTER**

**WHEN SOMEONE
FEELS UNIMPORTANT
OR THAT THEY HAVE
NOTHING VALUABLE TO
OFFER THE WORLD**

**A FEELING OF DEEP
AND COMPLETE
SADNESS**

**CONFIDENCE THAT
SOMETHING GOOD
CAN COME OUT
OF NOTHING**