

# SURVIVE AND THRIVE

## You can help prevent suicide

### KNOW THE WARNING SIGNS

Talking about wanting to die or kill oneself

Looking for a way to kill oneself, such as searching online or obtaining a gun

Talking about feeling hopeless or having no reason to live

Talking about feeling trapped or in unbearable pain

Talking about being a burden to others

Increasing use of alcohol or drugs

Acting anxious or agitated; behaving recklessly

Sleeping too little or too much

Withdrawing or feeling isolated

Showing rage or talking about seeking revenge

Displaying extreme mood swings

### IF YOU NOTICE WARNING SIGNS, APPLY A.P.P.S.

**A**pproach and Acknowledge. Tolerate your own anxiety and awkwardness. Be specific about what you notice.

**P**robe. Show that you care by asking questions. Ask about suicide.

**P**romote Hope. Listen and let them know they are not alone.

**S**hare Referrals. Form a safety net. Share with your support network.



Watch an example of the A.P.P.S. intervention

### TEST YOUR SKILLS

Learn warning signs, tips and tricks, and test your suicide prevention skills in a game. Visit [kognitocampus.com/login](http://kognitocampus.com/login), create a new account and enter enrollment key: appstate828

### KNOW YOUR RESOURCES

Text “appcares” to 50555 for a list of campus resources. The National Suicide Prevention Lifeline is available 24/7 by calling 1-800-273-TALK [8255]. Remove their magnet (on the back of this card) and put it in a place where you can easily have access to the number when you need it.

[preventsuicide.appstate.edu](http://preventsuicide.appstate.edu)

**YOU MATTER • YOU ARE NOT ALONE • HELP IS AVAILABLE**