



Important Numbers:
 Crisis Text Line
 Text "HELLO" to 741741
 Lifeline Crisis Center
 (800) 273-8255

Help a Friend
Ask a friend R U OK?
 ... when they are troubled!
Become a RU?OK Lifeguard
 ... and help them find safety



For more info, visit:



www.ruok.help



Students must always remember that they are never too young to ask a friend or classmate, "Are you OK?" This one simple question could make a huge difference in the life of someone they care about. This message should be taken into every classroom. By giving students the confidence to start conversations often and with real care, they can be the generation that transforms the way we affect anyone struggling with life. Asking someone if they're OK can help them cope with stressful situations, exam times, or when schoolwork or home life seems overwhelming.

Remember...suicide can be prevented. The best way to prevent suicide is to be aware of some common warning signs. Although some suicides do occur without warning, most people will show some outward signs. It's important to recognize when someone is suicidal, but just as important, we must be aware of the first signs of trouble.

- Here are some warning signs:
- Talking about wanting to die
 - Looking for a way to kill oneself
 - Talking about feeling hopeless
 - Talking about having no reason to live
 - Talking about feeling unbearable pain
 - Talking about being a burden to others
 - Increasing the use of alcohol or drugs
 - Acting agitated; behaving recklessly

- Sleeping too little or too much
- Withdrawing or feeling isolated
- Talking about seeking revenge
- Displaying extreme mood swings

Be aware of feelings
 Many people, at some time in their lives, think about suicide. Most decide to live because they eventually come to realize that the crisis is temporary, and death is permanent. On the other hand, people having a crisis sometimes perceive their dilemma as inescapable and feel an utter loss of control.

If someone you know exhibits these signs ... offer help!

But if some conversations just become too complicated for family and friends...or if you're worried about someone and feel they need urgent professional support, contact your local doctor or a crisis support center. Just like you, RU?OK is not equipped to offer crisis intervention or expert counselling, and our website is not a substitute for the professional care available. But if you need further help, please consider contacting any of the organizations found at www.ruok.help.

LIFEGUARD Training Manual
www.ruok.help/training

Folded Business Card