



Thoughts of suicide

Please tell someone

If you are thinking of suicide you might believe that talking to someone will not make a difference, but it does. People save their lives every day when they just reach out and let someone know how they are feeling. This person can be a close friend or family member, your Resident Counselor, school counselor or other trusted adult. If you are not comfortable telling someone close to you, it's OK to tell a stranger. Crisis lines are a good way to gain some understanding of your situation and find the support that will help you make healthy decisions. They are anonymous and staffed by caring individuals who are trained to listen and help you find some answers. Before you read on, some contacts are listed below for you to choose from.

A friend I could tell is

The person in my family I am most close to is

The resident counselor I feel comfortable with is

A teacher or staff member who cares about me is

Resources in our community that are there for me are ...

Crisis Line of Fox Valley, Aurora
24 hours/7days: 630-966-9393

Kane County Suicide Prevention Services 24/7
Depression Hotline: 630-482-9696

Mental Health Association of Illinois Valley 24/7
Hotline: 309-673-7373

National Suicide Prevention Lifeline 24/7
1-800-TALK (8255) (www.suicidepreventionlifeline.org)

LGBTQ Teens: The Trevor Project 24/7
866-488-7386
A safe and non-judgmental place to talk
(www.thetrevorproject.org)

National Crisis Help Line 24/7
1-800-784-2433

Batavia Suicide Prevention Services 24/7
1-800-273-8255



Please read on

Did you ever hear the expression “can’t see the forest for the trees?” It means that sometimes we can’t see the whole picture or a way out because we are focusing on whatever is giving us pain at the moment. If you are feeling bad enough to read this, let’s just keep it simple.

Suicide is about pain. Safety plans are about managing the pain yourself first. And if you can’t manage it, get hold of someone who can help.

Your first line of defense is you. And ultimately, only you can decide what to do with your life. Given time, your feelings will change; they almost always do.

Nothing lasts forever. That’s true even for thoughts of suicide. They will pass.

But you have to give yourself a break from the pain. One of the best ways to do this is to have a safety plan to turn to when you feel depressed and want to hurt yourself.

You should keep this plan somewhere close, like on your person or pinned up somewhere that you can easily see it. Refer to it often to remind yourself that the thoughts and feelings can pass and that you can manage them.

Your Personal Safety Plan _____

🌀 What are your personal warning signs that may start you thinking about suicide? Write them down. This helps you focus on the here and now.

- 📌 The trigger could be a memory, a regret, a wish, a mistake, a loss in your life or an impulsive feeling like anger, sadness or fear. These are different for everyone. Even the smallest thing may not be trivial to you.
- 📌 Remember, there is always an event, thought or feeling that got you started thinking about suicide.
- 📌 Understanding how and when the thoughts started keeps you in the here and now and helps you focus and not act impulsively.

🌀 Now list some things you can do on your own to feel better. This is usually people, places and things that are meaningful and calming to you personally.

- + What are the things that bring you peace?
- + Where can you find them now?
- + Keep it simple. It might be doing some deep breathing, relaxation technique, watching a movie or listening to music or reading or doing some kind of physical activity like going for a walk,

~ List the people and places that make you feel better.

- + Where can you go that makes you feel safe and relaxed? Is it OK to go there alone? If not, ask someone to go with you.
- + What are the names of people you could contact? Write down their phone number, email address or find them on facebook or other social media.

If you still feel like hurting yourself after implementing your safety plan, call someone; including 911. Don't be alone. Do whatever it takes to relax and put some distance between the thoughts of suicide and the feelings of wanting to carry them out.

Remember, thoughts of suicide can be managed and the impulse to hurt your self can be delayed or eliminated altogether.

Please give it some time. You are so very important.

What I can do right now:

Call home # _____

Talk to my friend # _____

Call my RC: His or her number is posted outside the RC office in the commons.

Find someone on facebook to chat with: (their names are):

- ❖ Go visit someone in another residence hall.
- ❖ Take some slow deep breaths and relax. Do this for several minutes.

- ❖ Watch a movie or surf the internet.
- ❖ Get outside and go for a walk, a run or a bike ride.
- ❖ Have something to eat.
- ❖ Enjoy a cup of tea.
- ❖ Take a trip to a shopping mall and walk around.
- ❖ Join a group of other students who are going somewhere.
- ❖ Find a place in the main building and read a book.
- ❖ Get out of your room and spend some time in a computer lab.
- ❖ Just go to the commons and be around others while reading or being on the computer.
- ❖ Surf the internet and read the news or see what else is going on in the world.
- ❖ See if you can go home and get off campus for a while.
- ❖ Ask your parents to come take you out to lunch or dinner.
- ❖ Take a nap.
- ❖ When in doubt, just reach out:

Parent

Friend

Other family member

Resident Counselor

Other staff member

School Counselor: ask your RC to call one of them for you to speak with.

Join any activity with friends

