

SUICIDE PREVENTION WEEK



**things we can  
do**

**to help suicide  
prevention**

@\_SUNSHINESERIES



01



**stop making suicide jokes  
because you don't know who is  
struggling with suicidal thoughts or  
ideation.**

@\_SUNSHINESERIES



02



**remove the stigma and  
learn the warning signs.  
don't dismiss depression  
as a real illness.**

@\_SUNSHINESERIES



03



**Learn how to reach out and connect**  
**being present doesn't mean you**  
**have to fix anything but it shows**  
**that you care and support them**

@\_SUNSHINESERIES



04



**know your resources and  
educate yourself on mental illness. the  
more you know and understand, the  
more you can show support, empathize  
and avoid dismissing people having  
suicidal thoughts**



**SUCICIDE PREVENTION WEEK**



**together we can end the stigma  
behind mental illness and suicide.  
you can start today by seeing this  
as an opportunity to deepen  
conversations around mental  
health**

**please share this to help raise  
awareness about suicide prevention.**

**@\_SUNSHINESERIES**