

Suicide is a permanent solution to a temporary problem.

I promise myself: When I feel suicidal, I will:

- Call my friends/family:
Name: _____ Phone: _____
Name: _____ Phone: _____
Name: _____ Phone: _____
- Call my doctor(s)/therapist(s):
Dr. _____ Phone: _____
Dr. _____ Phone: _____
- Remember that when I feel suicidal, my brain is lying to me and making things seem worse than they are.
- Remember to take any prescribed medications and stick with my treatment plan.
- Have someone take away my car keys and anything I could use to hurt myself.
- Stay away from alcohol and illegal drugs.
- Go to a hospital if necessary.
- **Remember that my life is valuable and worthwhile, even if it doesn't feel that way right now.**

**You don't have to feel this way.
There is help.**

You can cope with suicidal feelings and thoughts. They are not your fault and they do not have to continue. Don't give in.
Don't lose hope. There is help.

Call (800) 442-HOPE

For more information about suicide prevention, contact:



Depression and Bipolar Support Alliance

730 N. Franklin St., Suite 501
Chicago, IL USA 60610-7224
(312) 642-0049
(800) 826-3632 (*not a crisis line*)
Fax: (312) 642-7243
Website: www.DBSAAlliance.org