

GOOD PLACES TO

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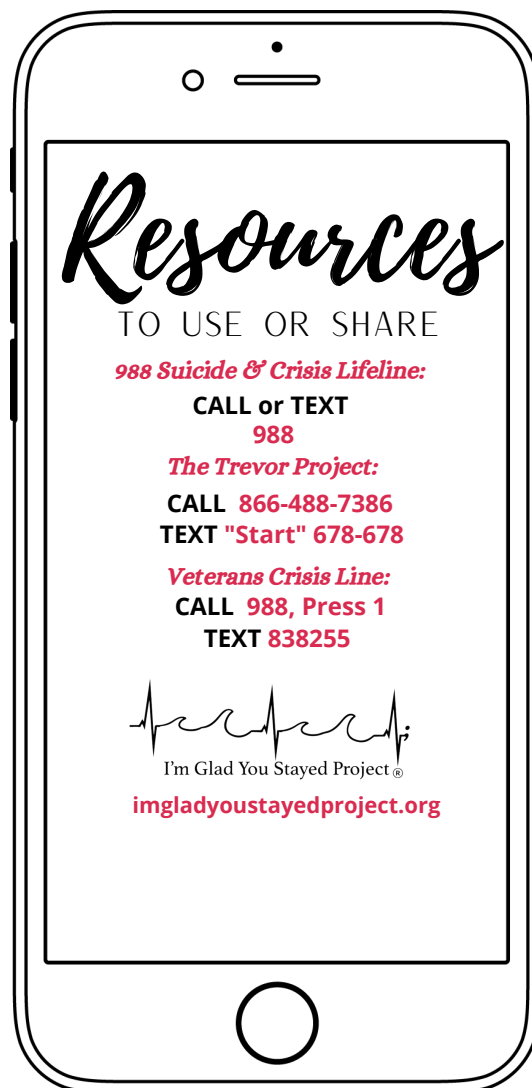


I'm Glad You Stayed Project

Make a donation on the
I'm Glad You Stayed Project
website in memory or support of a loved
one.



Donations made to the I'm
Glad You Stayed Project are
used to replenish bracelets and
pamphlets for the continuation
of spreading the message to
stay!



HOW TO
SUPPORT A
FRIEND
WHO'S
STRUGGLING



#I'mGladYouStayed

In loving memory of
DYLAN SALGE
AND

OWEN SKELLEY

#forDAS #OS14

#JustKeepSwimming



HOW DO I SUPPORT A FRIEND WHO WANTS TO TAKE THEIR LIFE?

To best **support** a friend, say something along the lines of:

"I know you are hurting and I am so sorry you feel that way. What can I do to help you and support you? What would be most helpful for you?"

This allows the person to open up in a safe way of their choosing.

"Do you want me to listen? I may not understand completely but I can learn how you feel and find ways to help you."

Again, this allows the person to have a safe space to feel heard and supported.

For a lot of people who have suicidal ideation, hearing their friends and family say something like the following **does not** help them feel supported:

"Well, what about me? Do you want me to be sad?"

Nobody who wants to take their life wants to put their loved ones in pain, they want to escape the pain they are feeling.

"Okay, well if you do it, I'm doing it."

This guilt's the person struggling and can make their feelings feel invalid. Don't threaten suicide yourself just to keep someone else from doing it.



THERE IS HOPE EVEN WHEN YOUR BRAIN TELLS YOU THERE ISN'T.

-JOHN GREEN

Call 911

If your friend trusts you enough to tell you they have a plan to take their life, call 911. Don't believe that they won't follow through with their plan, take it seriously.

Contact their

parent/guardian

When a friend is threatening suicide, find a way to contact their parent/guardian, or someone who can get to them quickly and make sure they are safe. Not sure what to say? Try saying something like, "Hi Mr(s). ----- I am friends with ----- and am really worried for their safety. They expressed to me their thoughts of wanting to harm themselves and I think this is something you should be aware of."



For the friends that you know are struggling, have **their** phone number, **their parents'** phone number, and their **address(es)** in case of emergencies. Even if you have never experienced suicidal ideation, **keep the suicide hotline number in your phone.**

988

WHAT IF MY FRIEND IS
THREATENING SUICIDE?
(WHAT TO DO IN REAL-TIME)