

Getting Through Tough Moments

- » Take slow, deep breaths. Try **square breathing** (inhale for a count of 4 • hold for 4 • exhale 4 • hold 4 • repeat)
- » Take a cool shower or splash cold water on your face
- » Listen to music, color, draw, or cook something simple
- » Play a game or watch something that makes you laugh
- » Go to a safe public space and make eye contact with others
- » Go for a walk, run, or move your body
- » My Coping Skills:

Reach Out for Help

- » **Call or Text 988** - Suicide and Crisis Lifeline (24/7)
- » **Text 741741** - Crisis Text Line (24/7)
- » TeenLink 1-866-833-6546 (6-10pm)
- » Teen Text Line 844-814-8336 (9am-8pm M-F)
- » NowMattersNow.org
- » My Safe People / Resources:



www.failsafeforlife.org

Be a Yellow Canary



Look for Signs

Feelings: sad, lonely, hopeless, in pain, irritable, increasingly depressed

Actions: pushing loved ones away, giving away important possessions, using drugs or alcohol, making or researching suicide plans

Changes: in performance, appearance, hygiene, personality or attitude, just don't seem like themselves

Talk: saying they want to kill themselves, they wish they were dead, they're tired of life, they can't go on, or soon you won't have to worry about them

Situations: like a crisis, fear of punishment or a devastating loss

Be a Yellow Canary for Someone

- » **Check in** with them - "Hey, I've been thinking about you. How are you holding up lately?"
- » **Ask** them - Have you been having thoughts of suicide?
- » **Stay** with them - don't leave them alone
- » **Listen** and take them seriously
- » **Tell** a trusted adult or get help right away

Be a Yellow Canary for Yourself

Remember, there is **no one in this world quite like you.**
Your life matters. You matter.
This world needs you.

If you are hurting or struggling, you don't have to face it alone.
Please tell someone.
You deserve help and support.