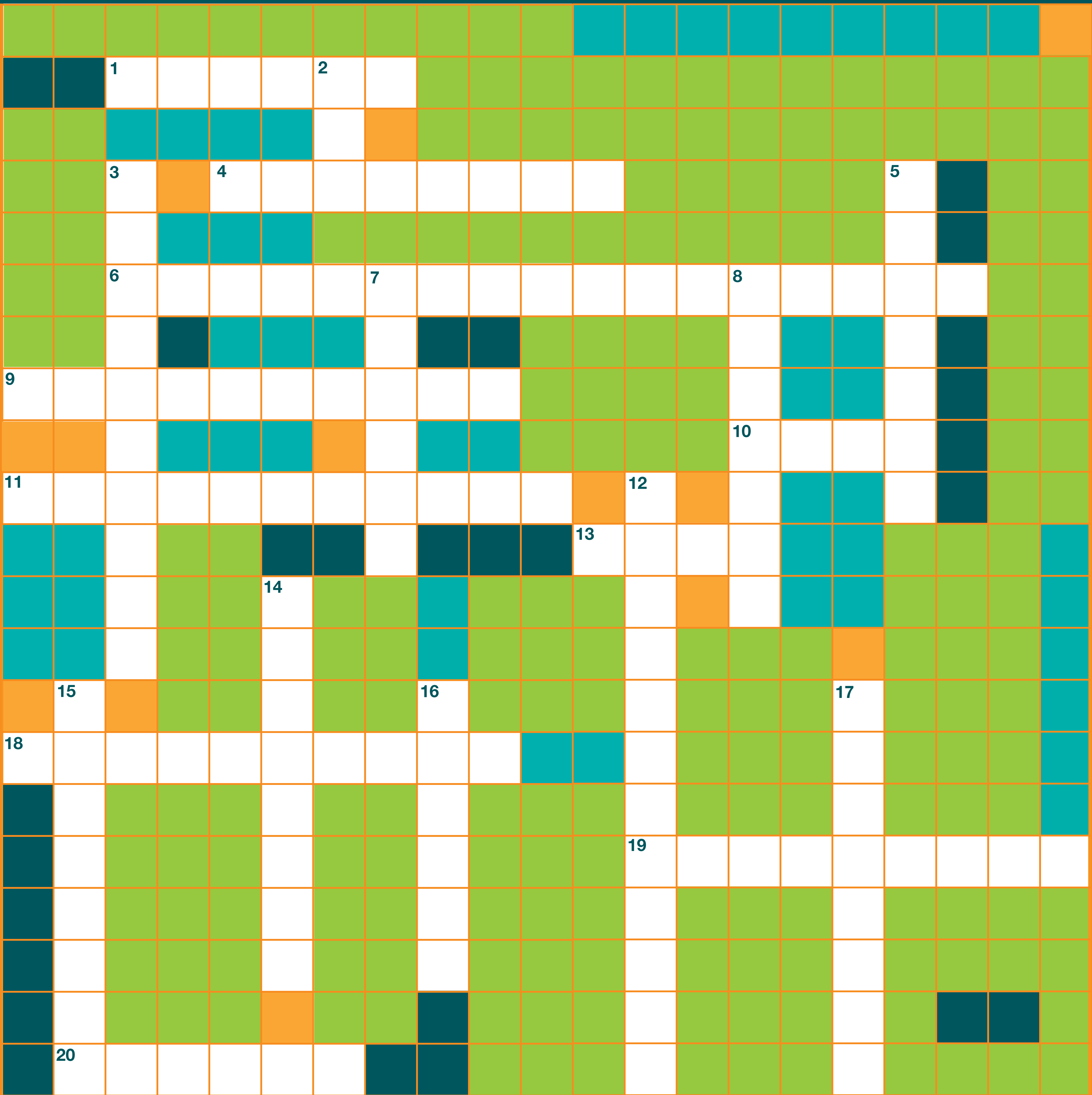


# Know the Signs. Find the Words. Reach Out.

## Crossword Puzzle



### Across

- The skills and strategies that children and youth gain through \_\_\_-emotional learning can increase protective factors and decrease risk factors associated with suicide
- Conscious act one takes in order to promote their own physical, mental, and emotional health
- Personal or environmental characteristics that help protect people from suicide
- Promoting connectedness and teaching coping and problem-solving skills are \_\_\_ strategies
- \_\_\_ isn't always obvious

- If you are concerned about someone, giving away \_\_\_ is a warning sign to look for
- Securely storing prescription medications and firearms can help keep a person \_\_\_
- Warning sign characterized by the act of not wanting to communicate or be around other people
- Suicide Prevention Week is in this month
- Changes in \_\_\_ and sleeping patterns are warning signs for suicide

### Down

- We can \_\_\_ prevent suicide
- \_\_\_ is not a necessary part of aging
- Talking about feeling hopeless or having no reason to live is a \_\_\_ sign
- Before starting a conversation with someone you are concerned about have a list of \_\_\_ resources
- The causes of suicide are \_\_\_
- Indications that someone may be in danger of suicide, either immediately or in the near future

- Asking someone about suicide does not \_\_\_ the likelihood of suicide
- The national suicide prevention \_\_\_ is a 24/7 toll-free, confidential hotline available to anyone in suicidal crisis or emotional distress
- Being connected to \_\_\_ and community support can decrease suicidal thoughts and behaviors
- If you are concerned about someone, always ask \_\_\_ about suicide

Find the Answer Key at [suicideispreventable.org](http://suicideispreventable.org).

*Pain isn't always obvious.* By recognizing the warning signs of suicide, knowing how to start a conversation, and where to turn to for help, you have the power to make a difference - **the power to save a life.**

- Visit [suicideispreventable.org](http://suicideispreventable.org) for more information on warning signs and how to reach out for help.

- If you or someone you know is in crisis call the National Suicide Prevention Lifeline at **800-273-8255 (TALK)** at any time.