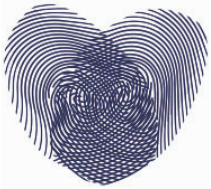


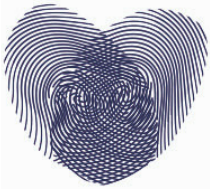
REAL TALK

conversations that save lives



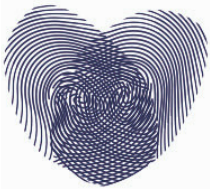
REAL TALK SAVES LIVES

Real, meaningful conversations about suicide can really help someone open up and connect with further help.



ASK DIRECTLY ABOUT SUICIDE

Being fearful of saying the wrong thing, or using the word is normal, but being open and direct can really help.



ADAPT YOUR LANGUAGE

Words like 'committed' or 'successful' add to the taboo. Try to use words like 'completed' or 'attempted' instead.



RESOURCES THAT CAN HELP

Go to our website to find extra help and support or download the Stay Alive app.

KEY MESSAGES

www.realtalk.community



GRASSROOTS
SUICIDE PREVENTION