

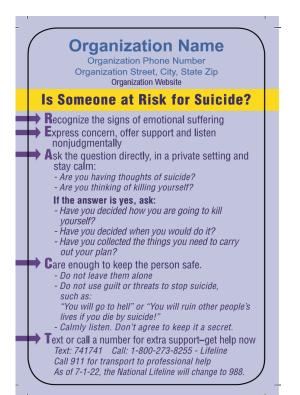
Crisis Card #1 – Do's and Don'ts Communicating with Someone in Crisis

Also available in Spanish

Cards can be personalized with your organization's name and contact information

Shipping costs are included in the price of the cards.

The card sale site is at Storefront (asbaces.com)



Suicide Warning Signs Talking about wanting to die or to kill oneself ✓ Writing notes or poems about death Looking for a way to kill oneself, such as searching online or buying a gun Talking about feeling hopeless or having no reason to live ✓ Talking about feeling trapped or in unbearable pain Talking about being a burden to others

- Increasing use of alcohol or drugs
- Deterioration in performance and daily life roles
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much

✓ Withdrawing or feeling isolated, change in relationships

- ✓ Showing rage or talking about seeking revenge Displaying extreme mood swings or sudden
- change in personality ✓ Overt signs of depression (neglect of appearance,
- self-mutilation, crying, giving away items, visiting or calling people to say good-bye, etc.)

Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss or change.

Organization Name

Organization Website

COMPASSIONATE COMMUNICATION CARD

You Are Not Alone The Illness is Not Your Fault Never Give Up Hope

Organization Executive Director Organization Phone Number Organization Email Address Organization Street Address Organization City, ST Zip

Education/Support/Advocacy

Guard Your Temper

No nagging, yelling, arguing Focus on the person you know and love PROVIDE REASSURANCE GENEROUSLY AND OFTEN

> "I love you, and I care." "You're not alone in this."

"I'm sorry you're in so much pain."

"I'm always willing to listen."

"I'll be your friend no matter what."

"This will pass, and we can ride it out together."

"You are important to me."

"When this is all over, I'll still be here."