



If we can conceptualize
suicide prevention as
points of a flowing river...



When we see someone caught in
the current, we can imagine the
multiple opportunities for intervention
before reaching a waterfall...

We could start a conversation; ask the question about suicide



We could refer to a professional and/or crisis line service

We can raise awareness with loved ones, increase a positive social network

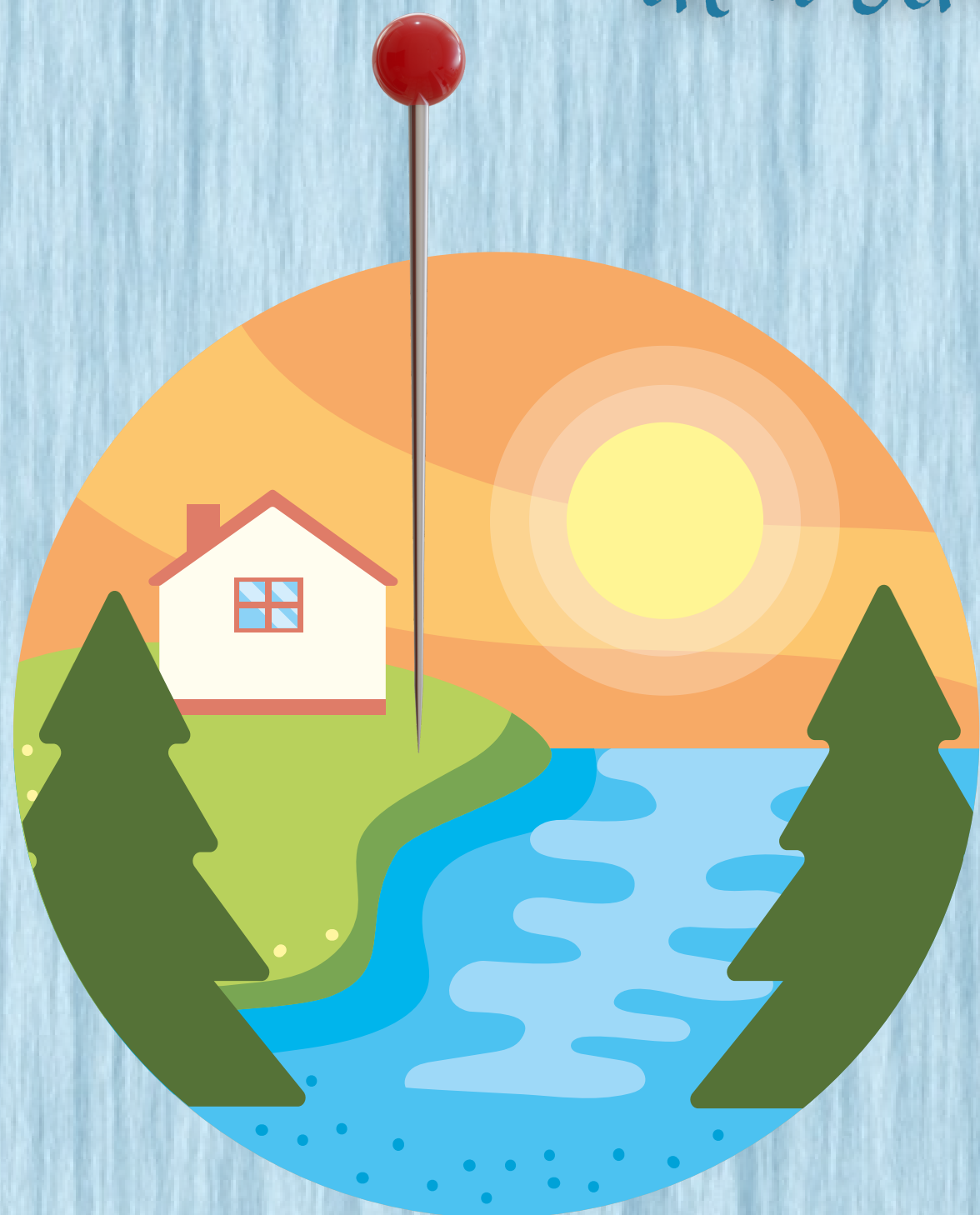
Looking for more?



<https://www.samhsa.gov/childrens-awareness-day/past-events/2019/resources-suicide-prevention>

<https://www.sprc.org/>

The best suicide prevention lies upstream in a strength-based approach



We may all find ourselves at the water's edge or in the water at some point or another.

By using strengths such as **healthy activities**, spirituality, generosity, **mentors**, **positive friends**, family support, **physical health**, and **mental health** we can get ourselves out before we feel caught up in the current



<https://sourcesofstrength.org/>



<https://www.walkalong.ca/explore/self-help-exercises/identifying-your-strengths>

Looking for help exploring your strengths?

