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?

Looking for help exploring your strengths?

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://www.sprc.org/
https://sourcesofstrength.org/
https://www.walkalong.ca/explore/self-help-exercises/identifying-your-strengths