

SISTER SPEAK

Suicide Awareness



YOU ARE NOT ALONE



WARNING SIGNS

- Direct threats of self-harm
- Dramatic change in mood
- Increased use of drugs and alcohol
- Social Isolation
- Loss of a loved one to suicide

HOW TO HELP



ASK: Don't be afraid to ask the question out loud - Are you thinking about suicide?

LISTEN: Allow the person to tell you how they feel, make eye contact and listen.

REFER: Be prepared to share the National Suicide Prevention Lifeline:
1-800-273-8255

THE FACTS



Suicide is the 16th leading cause of death for Blacks of all ages.

Black women are more likely than Black men to attempt suicide.

Black children aged 5 to 11 are twice as likely to kill themselves as White children.

Silence Kills.



Sister Speak.

NO MORE MARTYRS

www.NoMoreMartyrs.org

SUPPORTED BY BLACK WOMEN'S HEALTH IMPERATIVE