

# SISTER

Suicide  
Awareness



Silence Kills.  
Sister Speak.

FOR MORE INFORMATION  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

NATIONAL  
SUICIDE PREVENTION LIFELINE  
1-800-273-8255

# SPEAK



## 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.



## THE FACTS

Suicide is the 16<sup>th</sup> 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.



NO MORE MARTYRS

[www.NoMoreMartyrs.org](http://www.NoMoreMartyrs.org)

SUPPORTED BY BLACK WOMEN'S HEALTH IMPERATIVE