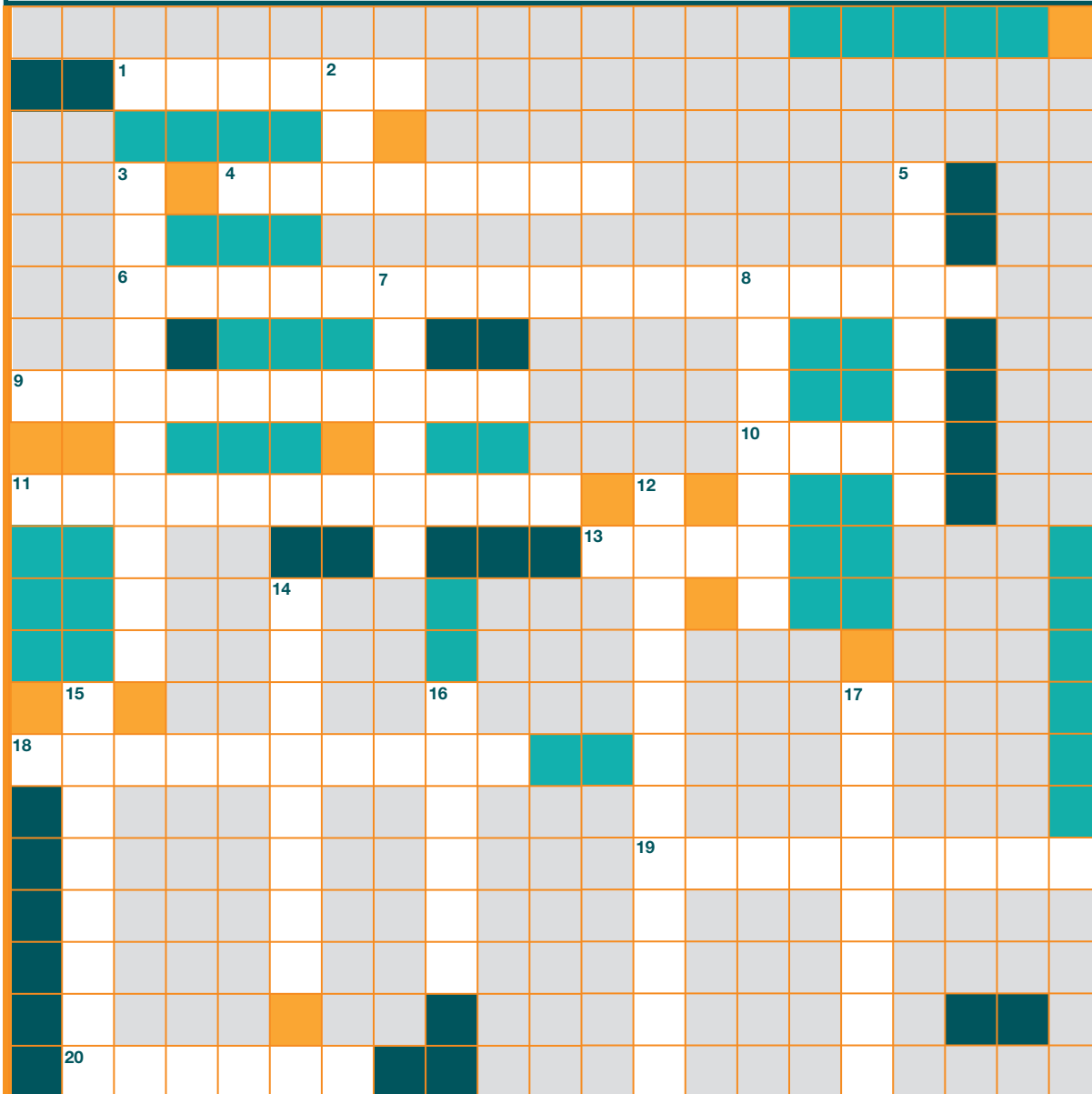


# Know the Signs. Find the Words. Reach Out.

## Crossword Puzzle



### Across

1. The skills and strategies that children and youth gain through \_\_\_\_-emotional learning can increase protective factors and decrease risk factors associated with suicide
4. Conscious act one takes in order to promote their own physical, mental, and emotional health
6. Personal or environmental characteristics that help protect people from suicide
9. Promoting connectedness and teaching coping and problem-solving skills are \_\_\_\_ strategies
10. \_\_\_\_ isn't always obvious
11. If you are concerned about someone, giving away \_\_\_\_ is a warning sign to look for
13. Securely storing prescription medications and firearms can help keep a person \_\_\_\_
18. Warning sign characterized by the act of not wanting to communicate or be around other people
19. Suicide Prevention Week is in this month
20. Changes in \_\_\_\_ and sleeping patterns are warning signs for suicide

### Down

2. We can \_\_\_\_ prevent suicide
3. \_\_\_\_ is not a necessary part of aging
5. Talking about feeling hopeless or having no reason to live is a \_\_\_\_ sign
7. Before starting a conversation with someone you are concerned about have a list of \_\_\_\_ resources
8. The causes of suicide are \_\_\_\_
12. Indications that someone may be in danger of suicide, either immediately or in the near future
14. Asking someone about suicide does not \_\_\_\_ the likelihood of suicide
15. The national suicide prevention \_\_\_\_ is a 24/7 toll-free, confidential hotline available to anyone in suicidal crisis or emotional distress
16. Being connected to \_\_\_\_ and community support can decrease suicidal thoughts and behaviors
17. If you are concerned about someone, always ask \_\_\_\_ about suicide

Find the Answer Key at [suicideispreventable.org](http://suicideispreventable.org).

**Pain isn't always obvious.** By recognizing the warning signs of suicide, knowing how to start a conversation, and where to turn to for help, you have the power to make a difference - **the power to save a life.**

- Visit [suicideispreventable.org](http://suicideispreventable.org) for more information on warning signs and how to reach out for help.

- If you or someone you know is in crisis call the National Suicide Prevention Lifeline at **800-273-8255 (TALK)** at any time.