

# College & Career Awareness



# What is Currently Stressing You Out?



Name: \_\_\_\_\_ Date: \_\_\_\_\_

## SUICIDE PREVENTION

THE THREE THINGS THAT CAUSE ME THE MOST STRESS ARE:

- 1.
- 2.
- 3.

IT'S ABOUT PERSPECTIVE ACTIVITY

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

IF I NEED HELP I CAN USE THE FOLLOWING RESOURCES:

**NATIONAL SUICIDE PREVENTION LIFELINE**  
1-800-273-TALK (8255)  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)



IF I NEED HELP OR AM WORRIED ABOUT SOMEONE I CAN TALK TO:

- 1.
- 2.
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# It's All About Your Perspective

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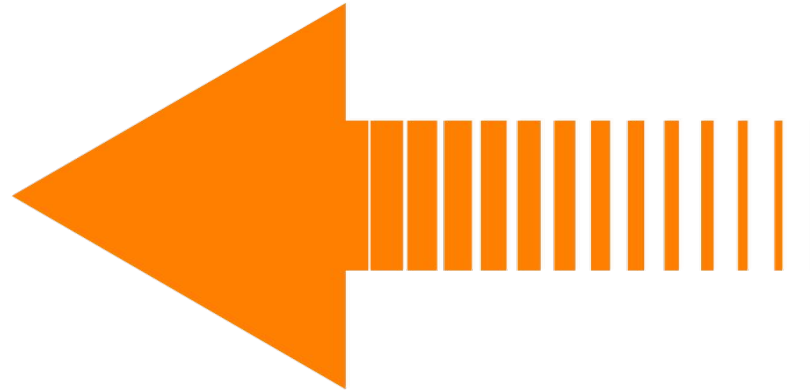
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# Stress Happens

# **What is STRESS anyway?**

**Stress is a normal reaction our body and brain have to changes or demands placed on us. Our body reacts to these changes with physical, mental and emotional responses.**

# How Does Your Body Respond to Stress?

# What Are The Facts?



**2<sup>nd</sup>**

Suicide is the 2<sup>nd</sup> leading cause of death for people ages 10-34 and the 4<sup>th</sup> leading cause of death for people 35-54.

It's Okay to Talk About **SUICIDE**

**Live On Utah**



# LISTENING



**LISTENING CLOSELY  
IS SUICIDE PREVENTION**

# OFFERING HELP



**OFFERING HELP  
IS SUICIDE PREVENTION**

# ENCOURAGEMENT



# Participating in Activities You Enjoy



**A JAM SESSION  
IS SUICIDE PREVENTION**

# CONNECTION



THIS

IS SUICIDE  
PREVENTION.

# RESOURCES



# RESOURCES

## Chat - CrisisLine

Opens 2 - way messaging with a SafeUT CrisisLine counselor.

## Call - CrisisLine

Tap this to speak to a SafeUT CrisisLine counselor. The CrisisLine number will appear and you can call immediately.



## Submit a Tip

Submit confidential tips to school administrators on bullying, threats, or violence.

# MY THREE

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