

Be Kind.

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Didi Hirsch
MENTAL HEALTH SERVICES

brought to you by:

1. Learn the warning signs of suicide at bit.ly/SPCsigns
2. Tell someone what you appreciate about them
3. Make list of people to call/text/email when you need support
4. Erase mental health stigma by sharing your story
5. Avoid alcohol and other drugs if you're anxious or depressed
6. Say hello to someone you usually rush past
7. Read stories of loved ones lost to suicide bit.ly/SPCWhyWeRun
8. Let someone merge in front of you in traffic
9. Limit exposure to media during natural/manmade disasters
10. Look in the mirror and give yourself a compliment
11. Invite a colleague to join you for a walk
12. Spend 5 minutes outside appreciating flowers, birds and sky
13. Volunteer for local suicide hotline or other nonprofit
14. Attend to mental health as much as physical health
15. Call national **Disaster Distress Helpline** at 800-985-5990
16. Give a friend who is sad a hug
17. Turn off your TV, phone + computer 2 hours before bedtime
18. Invite a coworker to coffee or lunch
19. Give a child half an hour of your undivided attention
20. Say "S/he **has** schizophrenia," not "S/he **is** schizophrenic"
21. Add **National Suicide Prevention Lifeline** to your phone 800-273-8255



Didi Hirsch transforms lives by providing quality mental health, substance use and suicide prevention services in communities where stigma or poverty limits access.

