



# STOP, DROP, & ROLL

*when you're on (emotional) fire!*

If you feel an overwhelming urge to kill yourself:

» **SHUT IT DOWN** «

Sleep or cold shower as soon as possible.

» **NO IMPORTANT DECISIONS** «

Ignore thoughts that you don't care if you die.

» **MAKE EYE CONTACT** «

Say "Can you help me get out of my head?"



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