

What is this I've been given?

This is a toolkit designed to help young people start conversations about the difficult topic of suicide.

We have different likes and dislikes.

Everyone is different.

And we live through different situations every day.

The toolkit can't solve everyone's problems.

What it can do is help you look at who you are, what you feel, and help you find your own way to connect with others so that you feel in control.

The first parts ask you to think about your own feelings.

The inside is a roadmap with steps to help you find people, places and ways to talk about your feelings.

No conversation is going to be perfect...

...but it is always better to try than to stay quiet.

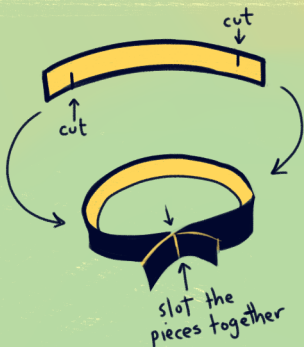
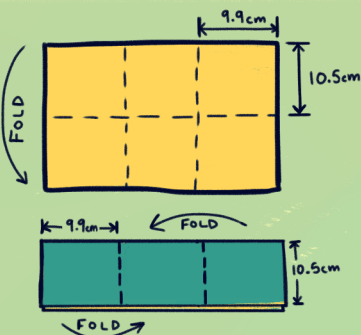
You can view the toolkit on your phone or other device.

Or print it double-sided at home or at a print facility to fold up and take with you.

Tip!

If the printer you're using can't print double-sided - print only page one then put the paper back into the tray on the opposite side and print page two.

If you prefer you can also keep the paper hidden somewhere safe if you don't want anyone to find it.



Fold it into six by following the guide.

Optional: Print off the belly band sheet and cut along the guidelines, halfway down the band on each side.

Use as much of the toolkit as you find helpful. Personalise it, make it work for you.

When you're ready you can use the belly band to help begin the conversation by giving it to your safe person.

Fill in the blank to tell them what you'd like to talk about.

There is no right or wrong way to talk.

Be brave and be honest.