

# Soaring Eagles

CONSULTING



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## Suicide and Self Harm Prevention Checklist

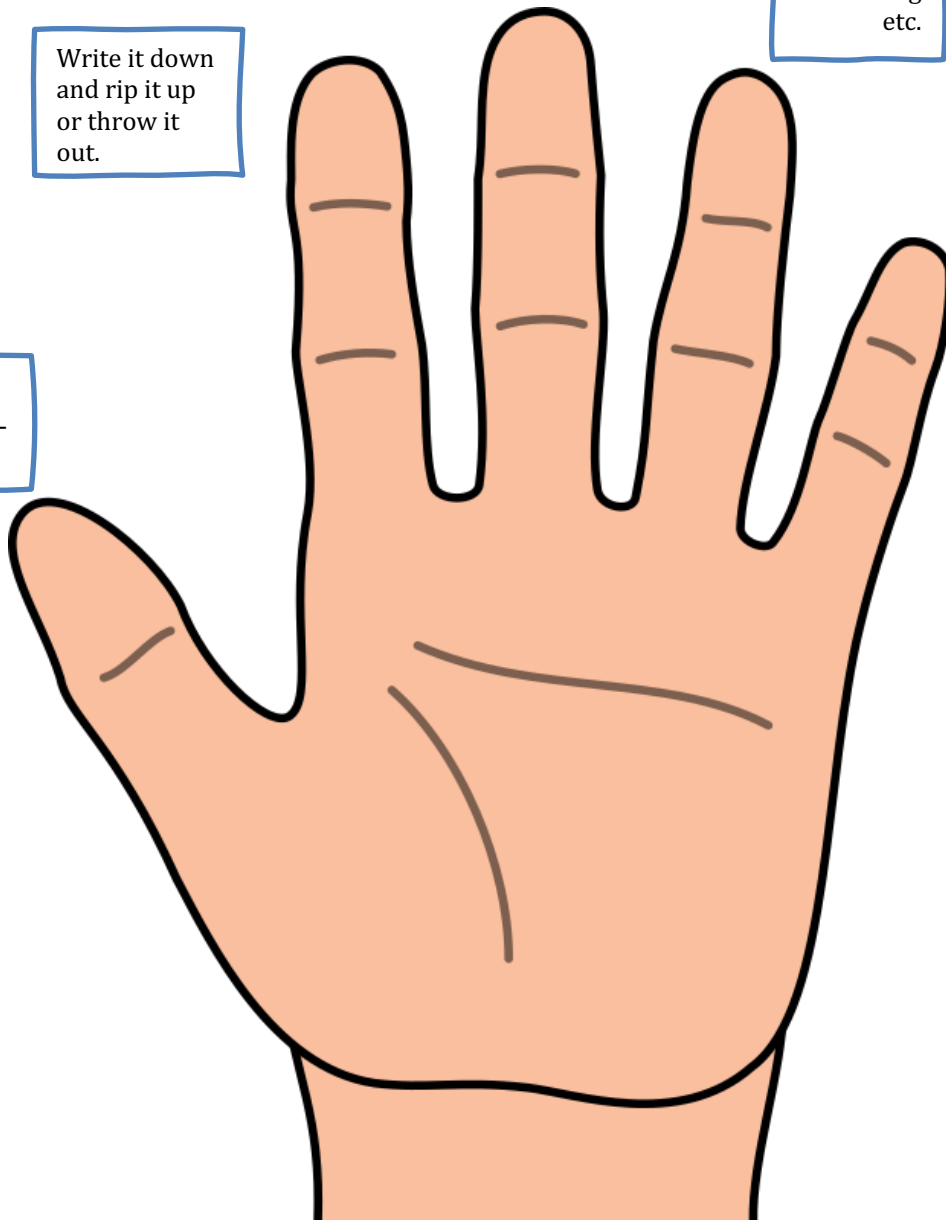
Don't let them get  
to you - Middle  
Finger!

Hobbies or  
something  
that calms  
you, music,  
walking  
etc.

Write it down  
and rip it up  
or throw it  
out.

Thumbs Up,  
she'll be right -  
talk to

If you have  
tried all these  
and you are  
still anxious  
or not feeling  
right; wanting  
to hurt  
yourself in  
some way -  
*Pinky* text  
someone you  
need help!



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