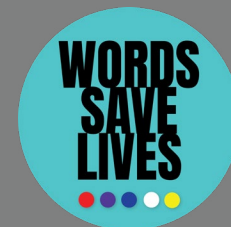


WHERE'S THE HELP?



For People Supporting Loved Ones

"I believe I'm here for a reason" she said, "and I think the reason is to throw little torches out to the next step to lead people through the dark. When you're kind to someone in trouble, you hope they'll remember and be kind to someone else. And it'll become like a wildfire. Each person helping someone else who helps someone else, and so on. I'm afraid that I'm going to wake up one day, and the wind will be so strong that no torch can bear up to it. I think that's my biggest fear – that I won't be strong enough to keep throwing the torches. But I know I'll keep trying." - Whoopi Goldberg, Parade Magazine 11/4/92

Words Save Lives knows that experiences and the meaning one makes of them are unique to that individual.

We recognize that available resources to help people live the lives they deserve and are glad to live vary from community to community. We also know that people have many different types of experiences with suicide. These may include grief after the death by suicide of people we love and/or admire; living with our own suicide thoughts, attempts, and/or self-harm; trying our best to support loved one(s) who are struggling with suicide; and working in paid or volunteer roles as a helper for people with experiences of suicide.

Our beliefs about what helps us live well is based on the ["Safety Plan" developed by Barbara Stanley and Gregory Brown](#). See our Resources for Individuals page for a step by step safety plan.

SUICIDE AFFECTS ALL AGES. IN 2020, SUICIDE WAS AMONG THE TOP 9 LEADING CAUSES OF DEATH FOR PEOPLE AGES 10-64.¹

FOR SUPPORTERS

Suicide intervention and support work is not only about helping people stay alive, it is about helping them live lives they are glad to live. We urge you to look for and connect with others who are passionate about this work. Those people may be found locally, regionally, and even internationally through online sources. Connecting with people from many different areas may introduce you to ways of helping rooted in a wide range of influences. These helping influences could be spiritual, faith, cultural, art, intuitive, Eastern medicine, traditional mental health, non-medical models, social justice, and more.

¹ Retrieved August 7, 2022 from [cdc.gov/suicide/facts](https://www.cdc.gov/suicide/facts)