



# Suicide Awareness & Prevention for People on the Autism Spectrum

## Take a moment to ask yourself...

- In the past week, have I wished that I were no longer alive?
- In the past week, have I felt that I or my family would be better off without me?
- In the past week, have I been having thoughts about ending my life?
- Have I ever harmed myself wanting to end my life?

## Should I be concerned?

Yes. Depression is a serious condition affecting your thinking, moods, and daily activities. It can make it hard to think about a future where things could be better. It is important to remember that situations and feelings change, and with help there are ways to make that change. Left untreated, depression can be deadly: suicide is an irreversible decision.

**If you answered yes to any of these questions, you may be suffering from depression and at a high risk for suicide.**

**I'm thinking about ending my life. What should I do next?**

**Call the Suicide & Crisis Lifeline**

**Dial 988**

**to speak with someone immediately**

- Call 911 in cases of emergencies
- Call 211 to find mental health services in your area
- Text 'suicidal' to 988 to message someone
- Visit the Suicide Prevention website at [988lifeline.org](https://988lifeline.org)
- Go to your local emergency room

## Local Resources

988 Lifeline: [988lifeline.org](https://988lifeline.org)

Crisis Center of Tampa Bay: [crisiscenter.com](https://crisiscenter.com)

Central Florida Behavioral Health: [cfbhn.org](https://cfbhn.org)

Peace River Center: [peacrivercenter.org](https://peacrivercenter.org)



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