

Suicide is painful

shame and stigma do not
help us talk about how hard
it is to live with depression
(as you - we define it)

Further Training: Q.P.R. + C.A.L.M.

- + store guns and ammo separately
- + use gun locks
- + use 988

- ⊕ Tell someone you trust
- ⊕ Talk about your fear
- ⊕ Tend the sadness

Thank you for your attention
I am glad you exist ♥
@gardenofhara 2025

Suicide
is
PAINFUL

What does this
awareness feel like?

and what is possibly even harder is we may not get an answer,
we may not understand, we may not know.

as we seek to understand we may experience confusion
witnesses of and survivors of suicide may ask why? how?

OPEN
THE
FOLD

Suicide happens, suicidal ideation - thinking - imagining happens
is suicide, like addiction, an experience of human condition?
How does depression change our neurochemical experience of being alive?

Facing the topic/concept/experience of suicide is scary, even as I write
this I am nervous and on edge - terrified of death and also feeling
a pull into a perception of freedom from all this pain. This zone is
about suicide prevention. This zone is about facing the mystery
even when it scares us and we feel shut down.

STAY WITH DISCOMFORT

CAUTION

WARNING

ATTENTION

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