

KIMONOS FOR KAI

YOU ARE NOT REPLACEABLE

Teen and Pre-Teen Suicide Awareness

Not sure what to say?

Speak up.

Ask...

Connect.

SILENCE can be deadly.



kimonosforkai



@kimonosforkai



Suicide is a PERMANENT solution to a TEMPORARY problem.

It can feel like the end of the world, losing a girlfriend or boyfriend, best friend, parent, grandparent or favorite teacher. It can feel like you might not have anyone to talk to about your sexuality, or bullying problems you might be facing, or the unknown of moving to a new school or area of the country.

Sometimes it may seem that suicide is the only way out.

It may feel like ending your life is the best thing for everyone.

That is NOT true!

You are needed and people love and care about you.

You. Are not. Replaceable.

Your parents or trusted adult would be devastated.

They will definitely NOT be better off without you.

In the moment, this may seem like your only option...

Wait 5 minutes.

Wait. Just 5 more minutes.

This feeling, this thought - it will pass and you will understand how irreplaceable you are.

You have so much life left to live.

YOU ARE NOT REPLACEABLE

If you end your life, you will leave an entire community devastated.

**Your family, your school, your friends, your church -
you would leave so many people behind
who care for you and love you.**

*Kai's best friends, coaches, and his parents still mourn his loss.
His memorial filled an entire church.*

*People could not fathom that he was gone.
And his parents? They would give up everything to have him back.*

**When you are gone from this world,
the world loses a unique and wonderful light.**

**You may feel differently at the moment,
but you truly are Not Replaceable.**

You can be a person who changes the world.

You are irreplaceable!

Get Help

If a friend is going through a difficult time, it is not a betrayal to find an adult who can help with the situation.

Don't be afraid
to ask for help if you are **struggling** and especially
if there are thoughts of ***suicide or self harm.***

It is your responsibility as a friend to talk to an
adult to connect your friend with the
help that they need!

If you are the one in crisis
DO NOT WAIT to talk to someone.

"TALKING ABOUT SUICIDE LEADS TO SUICIDE" is a **MYTH!!!**

TALKING about suicide **ACTUALLY SAVES LIVES**

"Are you okay?"

WARNING SIGNS:

Changes in...

{ sleep patterns
behavior changes
socially isolating
increased sadness

feeling • sad

- angry
- nervous

Do you ever think about hurting yourself?

Do you ever think about ending your life?

Do you think people /the world would be better without you?



aggressive

VALIDATE and **SUPPORT** no matter what they answer.

Take them **SERIOUSLY** and **LISTEN**



FIX

Give these a try...

I'm here for you no matter what.

I will be here to support you and get you the help you need.

It sounds like you're dealing with a lot lately.

Can you tell me more about that?

Does it ever get so difficult that you think about hurting yourself?

There's nothing that we can't work out together.

NO MATTER WHAT, YOU ARE NOT REPLACEABLE

There is always someone to talk to...

Parents / Trusted Adult

Teacher / Professor

Priest / Pastor

Suicide and Crisis Lifeline

call or text **988 SMS 988**

Crisis text line (Text **START** to **741-741**)

free confidential and available 24/7

Teen Health and Wellness Center Crisis Center **1-800-273-8255**

Text line (Text **ANSWER** to **839863**) 24/7

www.teenhealthandwellness.com/static/hotlines

Trevor Project for LGBTQ youth **1-866-488-7386**

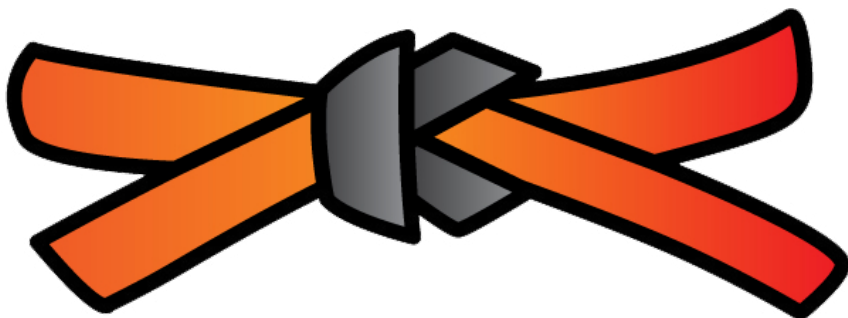
Youth line **1-877-968-8491**

Teen to teen crisis and help line from 4-10pm PST

Adult counselor all other times

YOU ARE NOT REPLACEABLE

#youarenotreplacable
#thereisalways someone to talk to



KIMONOS FOR KAI
Y O U A R E N O T R E P L A C E A B L E

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