

GUARDIAN POCKET GUIDE

CARRY HOPE. SHARE HOPE. BE A GUARDIAN.

You don't have to be a professional to make a difference. You just have to be present, pay attention, and care.



SOMETIMES A
SIMPLE CONVERSATION
CAN CHANGE
SOMEONE'S
TOMORROW.

YOU ARE NOT ALONE. THERE IS HOPE.

A PRACTICAL GUIDE
FOR EVERYDAY PEOPLE.
FAITH. TOOLS. NEXT STEPS.



RECOGNIZE KNOW THE SIGNS.

- Withdrawal from family and friends
- Loss of interest in things they once enjoyed
- Changes in mood, sleep, or appetite
- Talking about feeling hopeless or being a burden
- Giving away possessions
- Saying things like "I can't go on" or "I just want it to end"



*Trust your instincts.
People often give clues.*



REACH OUT START THE CONVERSATION.

- Check in. A simple "How are you really doing?" can open the door.
- Listen without judgment.
- Let them know you care.
- Ask direct but caring questions, including "Are you thinking about suicide?" when appropriate.
- Take their feelings seriously.
- Keep the conversation going.



*Sometimes
just listening
is the most powerful
thing you can do.*



SUPPORT WALK TOGETHER.

- Encourage appropriate professional help (counselor, pastor, doctor).
- Offer to go with them if they're open to it.
- Stay connected. Check in regularly.
- Be patient. Healing takes time.
- Respect their journey.
- Remind them they are valued, loved, and not alone.



*Your presence
matters more
than perfect words.*



POINT TO HOPE REMIND THEM THERE IS MORE.

- Share truth: their life has value and purpose.
- Remind them that struggles are not forever.
- Offer encouraging Scripture when welcomed.
- Help them take the next small step.
- Pray with them if they're open to it.
- Keep believing in them, even when it's hard.



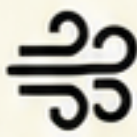
*Better days can be ahead.
There is hope beyond this season.*

TOOLS FOR YOU AS A GUARDIAN



PRAY

Ask for wisdom, compassion, and opportunities.



BREATHE

Take care of yourself, too.



LEARN

Educate yourself about mental health and suicide prevention.



CONNECT

Build a circle of support.



SET LIMITS

You can't do everything, and that's okay.



KEEP GOING

Small acts of faithfulness make a big difference.

ENCOURAGING SCRIPTURES

TRUTH TO HOLD ON TO.



You are not alone.
Deuteronomy 31:6
"The Lord your God goes with you; He will never leave you nor forsake you."



You are seen.
Psalm 139:1-4
"You know me... You see me... You are familiar with all my ways."



There is purpose.
Jeremiah 29:11
"For I know the plans I have for you... plans to give you hope and a future."



His grace is enough.
2 Corinthians 12:9
"My grace is sufficient for you, for my power is made perfect in weakness."