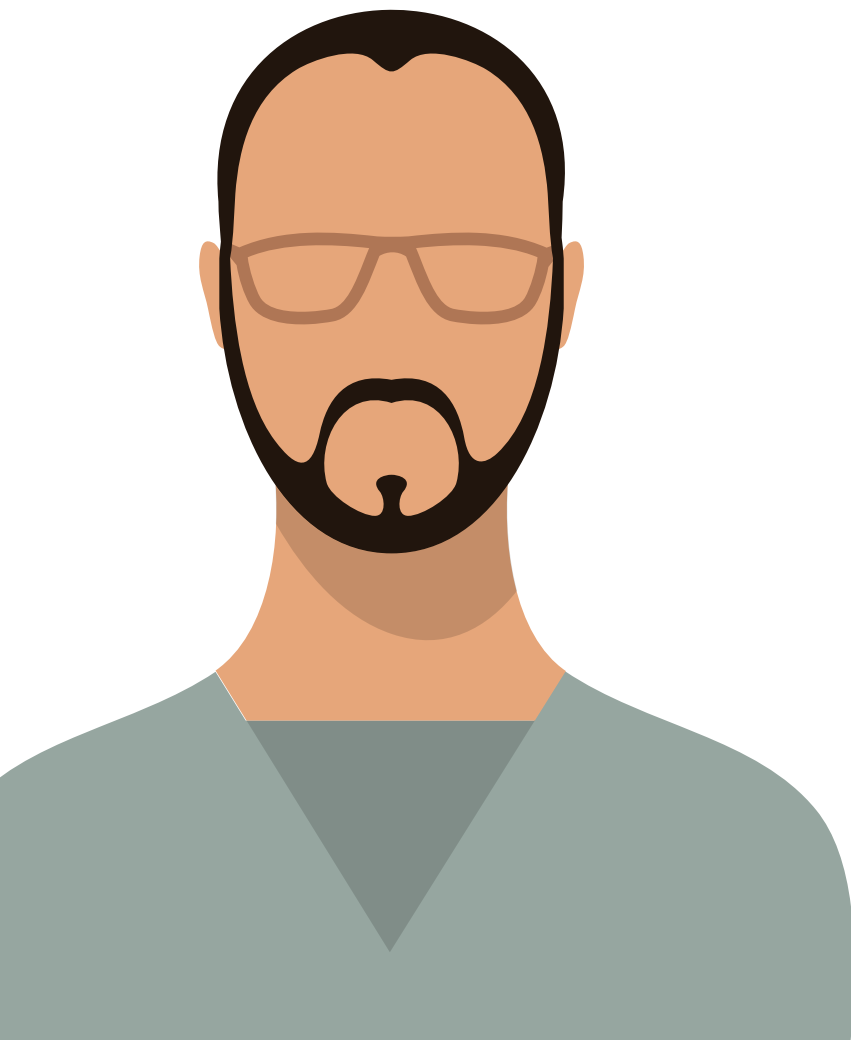




What Are Suicidal Thoughts?

Suicidal thoughts are when people think about suicide or wanting to end their own life. Suicidal thoughts may happen if someone is depressed.

Suicidal thoughts are thoughts such as:



People would be better off without me.

I hate school,
I want to kill myself!

It's not worth living anymore.

Nothing matters anymore.
I should just die.

I wish I never had
been born!

People will call these thoughts "suicidal ideation." It is important to get help if you are having any thoughts about killing yourself or hurting yourself in any way.



PAautism.org

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877-231-4244

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