



You don't have to *carry this alone*.

988

If you or someone you know is struggling, call or text 988 (Suicide & Crisis Lifeline, U.S., 24/7). You can also text **HOME to 741741**. If someone is in danger right now, call **911**.

Warning signs *to watch for*

- Talking about feeling hopeless, trapped or like a burden
- Saying they want to disappear or not be here
- Pulling away from friends, family or things they love
- Giving things away or saying goodbye
- Big changes in sleep, eating or mood
- Drinking or using drugs more

How to *help*

- 1 **Ask.** Kindly and directly: "Are you thinking about suicide?" Asking does not put the idea in their head.
- 2 **Listen.** Let them talk. You don't have to fix it.
- 3 **Stay.** Don't leave them alone if they are in danger.
- 4 **Connect.** Call or text 988 together, or bring in a trusted adult.
- 5 **Follow up.** A text the next day says "you matter."

Helping someone *who is grieving*

- Say their person's name. It's a gift, not a reminder.
- Offer something specific: a meal, a ride, a school pickup.
- Keep checking in after the first few weeks.
- Remember the hard dates: birthdays, holidays, angel days.
- Let them cry, laugh or be quiet. All of it belongs.

When grief *needs more help*

- Grief has no timeline, but some signs mean it's time to reach out for more support.
- Trouble getting through daily life for many months
- Not eating or sleeping for a long time
- Feeling numb, stuck or like life has no meaning
- Talk with a doctor, counselor or call **211** (Idaho CareLine) for local help.

Trusted grief *resources*

- **988lifeline.org** · crisis support, 24/7
- **dougy.org** · The Dougy Center, for grieving kids and teens
- **compassionatefriends.org** · support after losing a child
- **grief.com** · David Kessler's grief resources
- **211idaho.org** · Idaho CareLine, local services
- **harpersheartpress.etsy.com** · gentle grief workbooks

The Ugly Cry Club · *Real tears. Real love.*

A free, in-person grief group for moms who have lost a child. First Tuesday of every month, 6:30 to 8:00 pm, at Jae's Place, 1881 Pole Line Rd E, Twin Falls. No sign-up needed. Just come. Details at nikihumpherys.com/ugly-cry-club.

Sources: 988 Suicide & Crisis Lifeline (988lifeline.org); Crisis Text Line (crisistextline.org); American Foundation for Suicide Prevention, warning signs (afsp.org); #BeThe1To five action steps (bethethe1to.com); American Psychiatric Association, Prolonged Grief Disorder, DSM-5-TR; The Dougy Center (dougy.org); The Compassionate Friends (compassionatefriends.org); David Kessler (grief.com); 211 Idaho CareLine (211idaho.org). Shared for education, with no endorsement implied.

Niki Humpherys is a certified grief educator and coach, certified through David Kessler's Grief Educator Certification program. She is not a licensed therapist, counselor or medical provider. This sheet is for education and support, not therapy, medical care or crisis services.

*Healing is possible, at your own
pace.*

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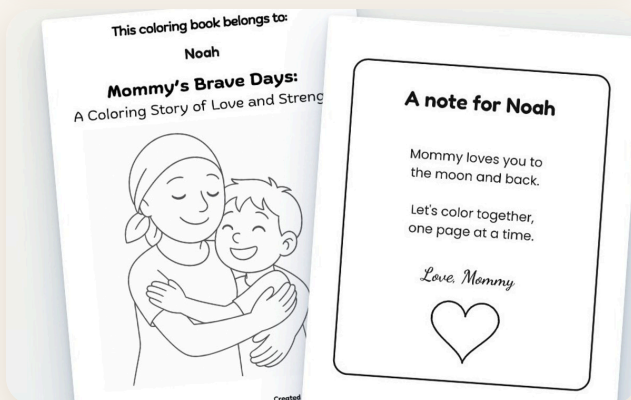
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Gentle grief workbooks

Written the way I wish someone had spoken to me: gently, honestly and without a timeline. For moms, dads, siblings, little ones and the holidays.

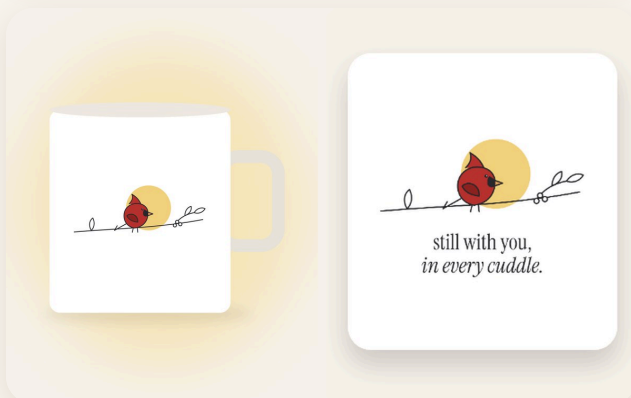
[See the workbooks →](#)



Personalized coloring books for kids

Their name on the cover and a note from you inside. A gentle story to color together, made just for your child.

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Sympathy gifts

A cardinal memorial mug and a soft sherpa blanket that says "still with you, in every cuddle." For when you don't have the words.

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