

WHEN YOU THINK YOU WOULD RATHER BE DEAD

STORYBOARDS THAT
CAN BE VALUABLE IN
SUICIDE PREVENTION,
IN A CONVERSATION
WITH CLIENTS ABOUT
THE THREAT OF DEATH,
ABOUT NOT WANTING
THIS LIFE ANYMORE.

August 2023


trajectum



The logo consists of a small green square with a white triangle pointing downwards, positioned above the letter 'j' in the word 'trajectum'.

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THESE IMAGES MAY HELP YOU TO HAVE A CONVERSATION
ABOUT YOUR DESPAIR,
ABOUT YOUR DESIRE TO RATHER BE DEAD.

BECAUSE YOU MAY ALWAYS ASK FOR A CONVERSATION,
FOR HELP.

WHAT WILL HELP YOU?
REALIZING THAT YOU ARE NOT ALONE.
REALIZING THAT THERE IS SOMEONE LISTENING TO YOU
AND YOUR DESPAIR.

THESE IMAGES CAN GIVE YOU IDEAS.
BECAUSE SOMETIMES YOU DON'T KNOW WHAT TO THINK ANYMORE,
OR WHAT TO SAY.
THESE IMAGES HELP YOU THINK OF WHAT TO DO OR NOT TO DO.

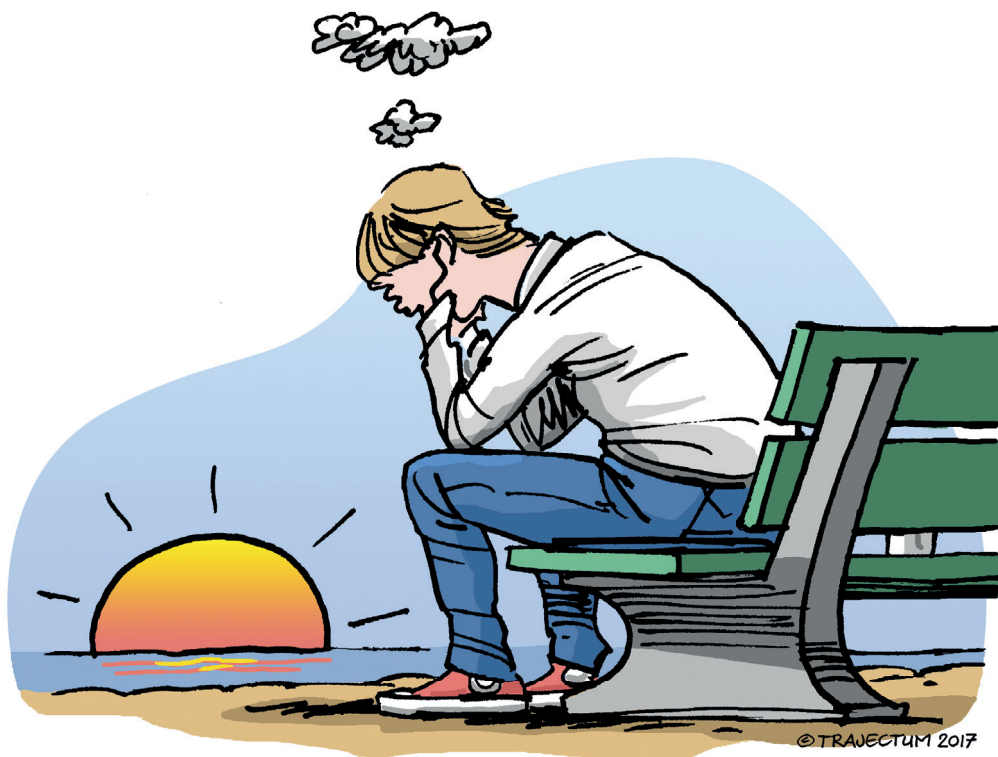
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THINKING ABOUT BEING DEAD IS NOT WEIRD.
IT SEEMS TO SOLVE YOUR PROBLEMS.

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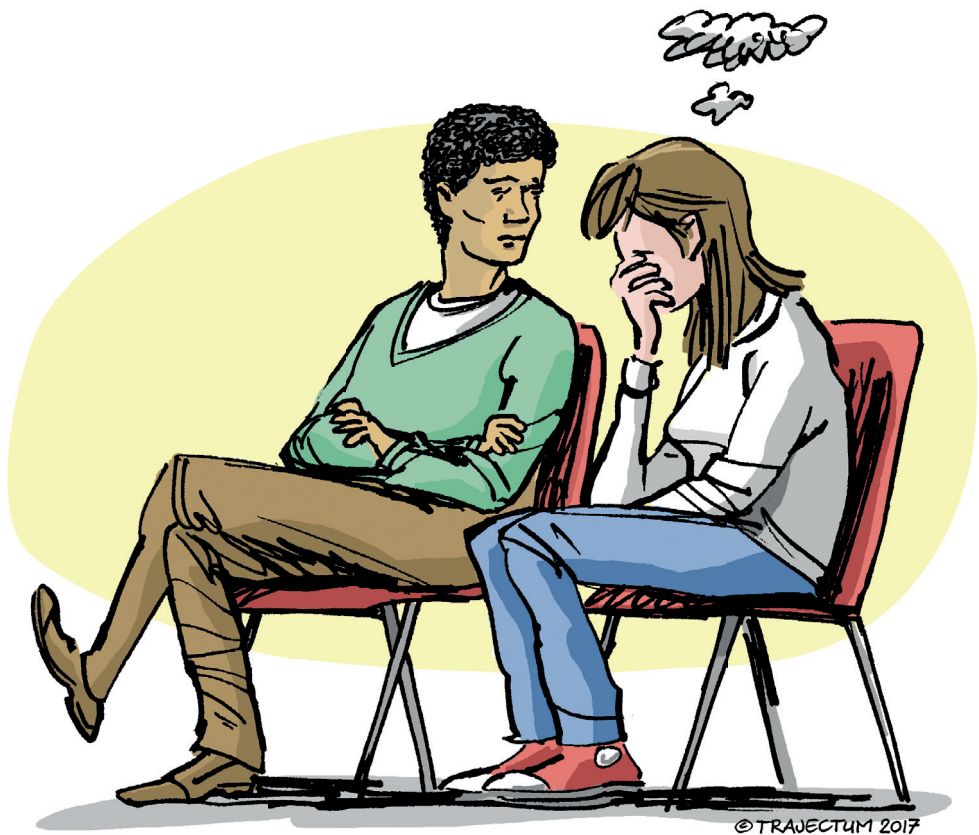
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WHAT MAKES YOU DON'T WANT TO LIVE ANYMORE?

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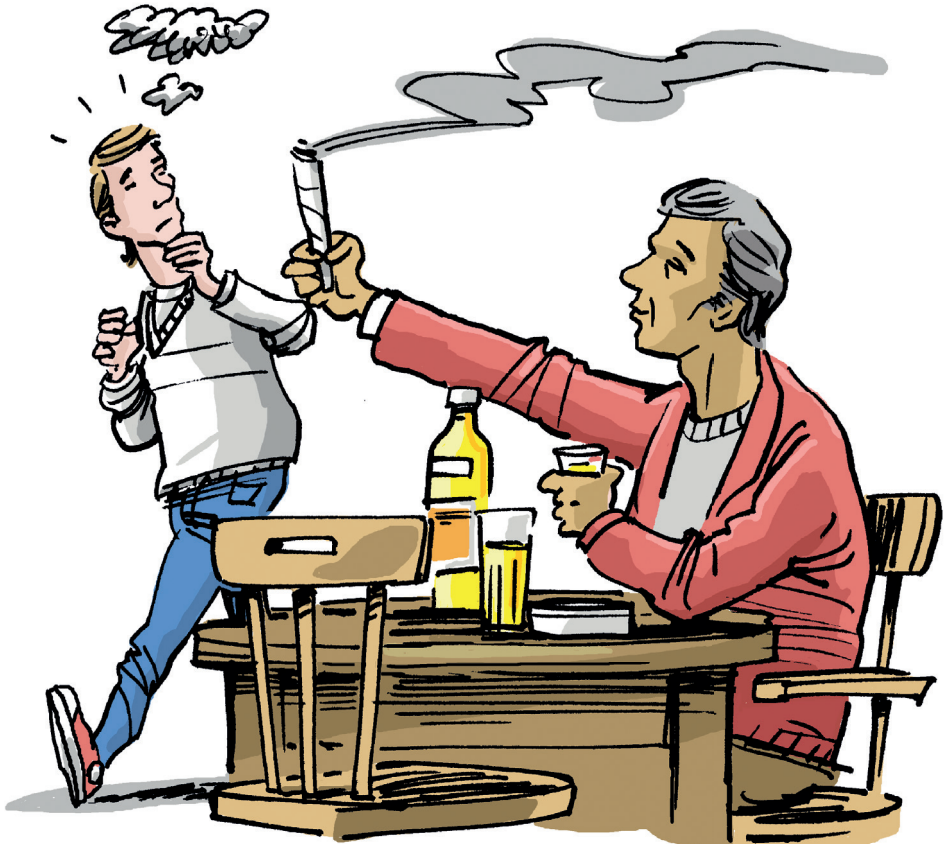
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TALK TO SOMEONE.
YOU CAN SHARE YOUR THOUGHTS AND FEELINGS.
TALKING ABOUT YOUR THOUGHTS AND FEELINGS
WILL HELP.

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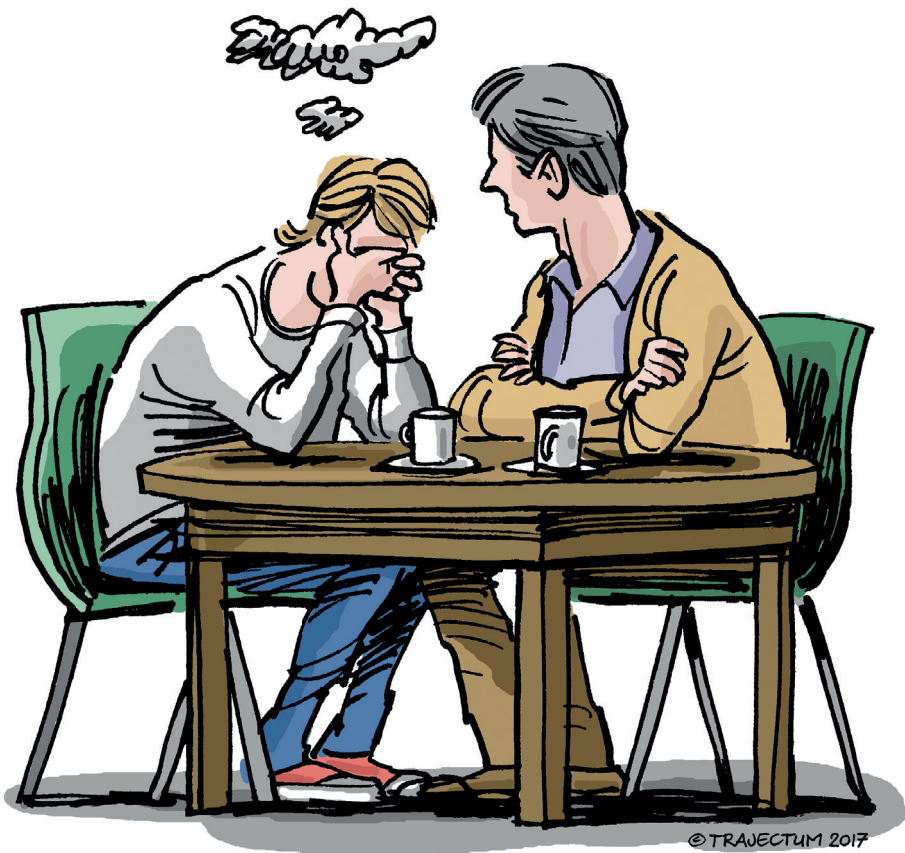
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STAY AWAY FROM ALCOHOL AND DRUGS.
ALCOHOL AND DRUGS SEEM TO HELP
FOR A WHILE.
BUT THEY ENDANGER YOU AFTERWARDS.

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YOU MAY BE PANICKING RIGHT NOW.
TALK TO SOMEONE.
THINK TOGETHER. YOU ARE NOT ON YOUR OWN.

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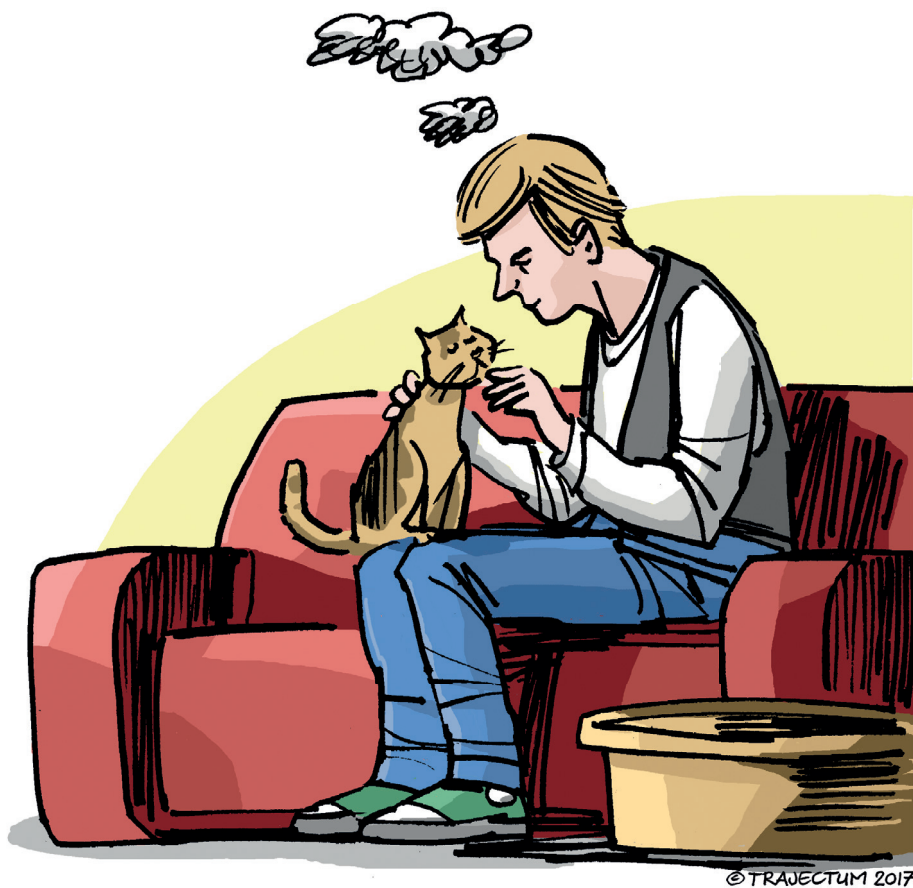


DEATH IS DEATH. THERE IS NO WAY BACK.

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YOU'VE BEEN THROUGH A LOT.
WHAT HELPED YOU SO FAR?

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