

Client Hmong National Development
Campaign Suicide Prevention: Know The Signs
Length 60 seconds

VIDEO	AUDIO (Hmong)	English Translation
1 Helper: Mid age woman Role: Mother of young female in crisis	Kuv tus ntxhais muaj qhov kev chim sai sai, zoo li luag lwm tus ntxhais thiab. Tabsis nws ho tham txog kev tuag thiab hais tias yuav tsis muaj leej twg khes txog nws li yog hais tias nws tuag lawm.	My daughter has this very fast anger like other young girls her age, but she also talks about death in that there will be no one who cares about her if she dies
2 Helper: Mid age male Role: Close Friend of the man in crisis	Kuv tus phooj ywg tau qhia rau kuv hais tias nws muaj kev nyuaj siab heev. Nws mloog zoo li nws tag txoj hau kev lawm.	My dear friend told me that he is stressed and overwhelmed, he felt hopeless
3 Postcard Still & Onscreen texts	Txoj Kev Mob Yeej Ib Txwm Yuav Tsis Pom Tau Cov kev qhia pom ua ntej ntawm lawv txoj kev hu kom pab yeej muaj nyob rau ntawd, tabsis tsis yog ib qho ib txwm yooj yim pom. Yog tias txawm koj tsuas yog pom ib qhov kev qhia no xwb los, xub cev tes mus pab ua ntej.	Pain isn't always obvious By recognizing the warning signs of suicide, knowing how to start a conversation and where to turn to for help, you have the power to make a difference - the power to save a life
4 Still Photos & Onscreen texts (warning signs)	Cov kev qhia pom ua ntej uas yuav ua zoo saib: Kev pw hloov, Muaj siv yeeb tshuaj los yog dej cawv ntxiv, Txhawj heev thiab kev txhawj ntshai, Npaj tus khee rau txoj kev tuag thiab Yeej tsis paub muaj lub hom phiaj	Other warning signs to look for: Changes in sleep, Increased drug or alcohol use, anger or anxiety, putting affairs in order and no sense of purpose.
5 National Suicide Prevention, logos, website & contact information on screen	Yog koj los sis koj paub ib tug txheeb ze, phooj ywg uas xav txog kev txov nws txoj sia, thov hu rau qhov National Suicide Prevention Lifeline ntawm 1-800-273-8255 los sis, ntaus ntawv mus rau www.suicideispreventable.org	If you or you know a relative or friend who think about suicide, please do not hesitate to call the National Suicide Prevention Lifeline at 1-800-273-8255. For more information visit www.suicideispreventable.org