

WORK OF ART

PUBLIC STUDENT ANNOUNCEMENT *Suicidality & Suicide Prevention*

In direct consultation with a mental health professional, and under the creative guidance of Inner-City Arts staff, our Work of Art student employees and alumni (called "Enterprisers") have been commissioned to create a catalog of Public Service Announcements (PSAs) across a range of mental health and wellness topics. Through both digital and print formats, student-employees design these PSA ads for the benefit of fellow young people and those who care about them—families and educators—to inspire hope, positivity, optimism, peace, and encouragement. The work is candid, joyful, informative, loving, earnest, animated, optimistic, outspoken, and offbeat in an artistic way. Above all, we lovingly call these "Public Student Announcements" because they are messages for young people created by young people.

Suicidality is a term that covers suicidal ideation (serious thoughts about taking one's own life), suicide plans, and suicide attempts. People who experience suicidal ideation and make suicide plans are at increased risk of suicide attempts. Those who experience all forms of suicidal thoughts and behaviors are at greater risk of completing suicide.



BOZ, INTO THE UNKNOWN
Created by Giennyra Lai-Alvarez

Boz experiences suicidal thoughts and lately, it's getting harder. Boz is afraid but wants to try and talk about their experience with suicide to someone close to them.



A WAY OUT
Created by Anthony Gutierrez

For every entrance, there is an exit. Having suicidal thoughts is a difficult hole to escape. However, with patience, hope, and care, a safe route will appear that leads to an exit out from your abyss of suicidal thoughts. Without a set of directions, you make your own route. You will see your own paradise at any time, so be patient.



GIVE AND TAKE
Created by Noel Quintero

Suicide can be a frightening thing to talk or hear about. Seeking help and having a healthy relationship go hand in hand with trying to combat those feelings. In moments like these, listening can be just as good as expressing your feelings.



LATE NIGHT HUDDLE

Created by Jazlyn Archila

If you're having suicidal thoughts, talking about how you feel can be incredibly helpful. There's always someone who will hear you out. It's best to be direct so that they understand how you feel. Describe what's happened, how you feel, and the help you need.



SAFE STEP

Created by Ravin Brazfield

In times of great panic and anxiety, it can be tough to ground yourself in reality. Having a safe space is a step you can take to help yourself. Finding a safe space to open up sounds easier than it actually is for some people, but your space doesn't have to be a physical area. Indulging in a hobby, chatting with a loved one in person or online, and relaxing activities are just some examples of what ones safe space can look like.

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