

Community Suicide Prevention Helping Branch Instructions

Use the *Community Suicide Prevention Helping Branch Template* to showcase your community's suicide prevention resources/services. Community resources/services will be easily accessible with just a click of the mouse! Please follow the step-by-step instructions below to complete your tailored *Community Suicide Prevention Helping Branch*:

1. Choose the resources/services you would like to include in your *Community Suicide Prevention Helping Branch*.
2. Insert text boxes within each leaf.
3. Fill in the text boxes with the resources/services you identified from step one.
 - a. Group similar resources/services together and color code them (e.g. *CAST Provincial Helping Tree*)
4. Export document as PDF and save to your computer.
5. Go to <https://www.pdfescape.com/?noredirect=true> and upload the PDF you just created.
6. On the left-side menu, click on the "link" button.
7. Type in or paste the link to the resource/service's website; do this for every resource/service you have identified.
8. On the very left side, click the green button with the two down arrows; this downloads the linked PDF to your computer so you can then share it.