



**Jasper's Game Day Suicide Awareness,  
Prevention, and Postvention Toolkit**

## Table of Contents

Disclaimer.....	3
Authors.....	3
Contact.....	3
Purpose of Toolkit.....	4
General Suicide Awareness.....	4
Dates .....	4
Definitions.....	5
Language .....	6
Interacting with Suicide Attempt and Loss Survivors .....	6
Responses to a Suicide.....	6
Loss Within the Community.....	6
Loss of a High-Profile Person .....	7
Additional Educational Resources .....	7
Signs of Suicidal Thoughts and Behaviors.....	8
Discord Tools.....	9
Twitch Tools .....	9
Connecting People to Help .....	9
Resources.....	11
Crisis Centers and Lifelines .....	11
General Information .....	11
United States.....	11
What Happens When You Contact a Crisis Line.....	11
Self- Care .....	12
Self-Care Tips .....	12
Safety Toolkits.....	13
Content Warnings .....	15
Example Disclaimer .....	15
References .....	16



## Disclaimer

This toolkit contains discussions of mental health topics and suicide, which some people may find difficult. Please practice self-care before deciding to review this toolkit.

The toolkit was developed with TTRPG community members, suicidologists, and mental health professionals and is based upon the best practice and methods known at the time of its development.

The contents of the Jasper's Game Day (JGD) Suicide Awareness, Prevention, and Postvention Toolkit ("toolkit"), such as text, graphics, images, links, and other material contained in the JGD toolkit ("content") are for informational purposes only. The content is not intended to be a substitute for professional advice, diagnosis, or treatment. JGD is not a direct service organization, we do not recommend or endorse any clinicians, counselors, psychiatrists, social workers, physicians, products, procedures, opinions, or other information that may be mentioned in the toolkit. Always seek the advice of your mental health professional or other qualified health provider with any questions you may have regarding your condition.

Medical treatment should be sought immediately upon the onset of symptoms, without regard to the content of this toolkit. By using this toolkit, you acknowledge that any decision to use any content or service available through this toolkit or to take or not take any action based on content contained herein is your sole decision, based on your independent evaluation. Similarly, JGD is not liable for any action you may take based on any advice the provider of which claims to have relied on medical information contained herein. Further, JGD is not liable for your reliance on any information published in any medium by any other institution or organization identified in any manner in this toolkit.

If you or someone you know is thinking about suicide, please seek immediate help:

United States: 1-800-273-8255 or texting 741-741

Canada: 1-833-456-4566 or text 686868

United Kingdom: 116 123 (UK) 116 123 (ROI)

Australia: 13 11 14

Findahelpline.com

## Authors

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## Contact

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## Purpose of Toolkit

Since Jasper's Game Day's (JGD) formation in 2017, we have brought together hundreds of TTRPG players to raise funds for local suicide awareness and prevention charities and crisis centers. These funds support crisis center operations and staff training and further research into suicide prevention and postvention best practices. These gaming events also initiate discussion to spread general suicide awareness, provide resources for help, and begin to reduce the stigma of discussing suicide and asking for help.

The purpose of this toolkit is to take the next step to incorporate suicide prevention and postvention best practices into the TTRPG community. We hope to accomplish this with the following strategies:

1. Educating people about suicide
2. Recognizing signs of suicidal thoughts or behaviors
3. Connecting people to help
4. Promoting self-care practice

## General Suicide Awareness

Suicide is the 10<sup>th</sup> leading cause of death in the US, with 48,000 confirmed deaths each year. There is an attempt every minute and a death every 13 minutes. With these numbers alone, it is estimated that 1 in 61 Americans are intimately impacted by suicide.

With numbers like these, suicide prevention and postvention should be a major topic of conversation – but why don't we talk about suicide? Fear, embarrassment, stigma, guilt, uncomfortable, shame, cultural taboo, religious taboo, unsure of what to say; the list goes on. As you read through this toolkit, we strive to provide its users with suicide prevention education and best practices to help manage and alleviate these concerns.

## Dates

- May is Mental Health Awareness Month
- September is National Suicide Prevention Month
- September 10<sup>th</sup> is World Suicide Prevention Day
- Nation Suicide Prevention Week is the Monday through Sunday surrounding World Suicide Prevention Day



## Definitions

Below is a list of terms that you may encounter through this toolkit or when reading additional resources related to suicide awareness and prevention.

**Aborted/Interrupted Suicide Attempt-** non-fatal self-directed potentially injurious behavior with any attempt to die as a result of the behavior, that is stopped at some point before death by the self or others. May or may not result in injury.

**Contagion-**the process by which one or more suicides increase the risk of suicidal behavior in others.

**Cluster-**when an unusually high rate of suicides occurs in a specific region or across a specific period of time.

**Crisis Intervention/Counseling-**immediate applied professional mental health services (individual or group) that focus on the aftermath of critical or traumatizing situations with the goal of restoring the person or system to the level of functioning before the crisis.

**Gatekeeper-**someone is a position to recognize a crisis and the warning signs that someone may be contemplating suicide.

**QPR-**abbreviation for Question, Persuade and Refer, which is an emergency medical health intervention for suicidal persons created by Paul Quinnett.

**Postvention-**planned response after a death by suicide to help with healing and reduce risk of further incidents.

**Risk Factors-**characteristics that make it more likely that individuals will consider, attempt, or die by suicide.

**Suicidal Ideation-**thinking about, considering, or planning for suicide.

**Suicide-**death caused by self-directed injurious behavior with any intent to die as a result of the behavior.

**Suicide Attempt-**non-fatal self-directed potentially injurious behavior with any attempt to die as a result of the behavior that is not interrupted or aborted by the self or others. May or may not result in injury.

**Suicide Prevention-**strategies that work toward diminishing the risk and impact of suicide.

**Suicide Survivor-**someone who has lost someone they care about to suicide.

**Suicidology-**scientific study of suicidal behavior, the causes of suicidality and suicide prevention.



## Language

Based on the CDC official 2018 data on suicides in the US, 1 in 61 Americans have been intimately affected by suicide. Therefore, it is important that we choose our words carefully when discussing suicide. Some words have negative connotations that can cause shame for those with mental health illnesses, suicide attempt survivors, and suicide loss survivors.

Do Use	Don't Use
<ul style="list-style-type: none"><li>• Attempt survivor</li><li>• Aborted/interrupted suicide attempt</li><li>• Died by suicide or lost life by suicide</li><li>• Loss survivor</li></ul>	<ul style="list-style-type: none"><li>• Crazy or insane</li><li>• Committed suicide</li><li>• Failed/successful/completed/choose to</li><li>• Hotspot for suicides in a certain location</li><li>• Inexplicable, unavoidable or without warning to describe a death</li><li>• They're in a better place or forever young</li><li>• Cry for help</li><li>• Selfish act</li></ul>

## Interacting with Suicide Attempt and Loss Survivors

JGD's mission is to reduce the stigma of suicide by encouraging a safe and welcoming space in the TTRPG community to allow suicide attempt and loss survivors to discuss suicide and share their personal stories. As these types of discussions can be new to many people, below are some tips to engage in respectful conversation:

Do	Don't
<ul style="list-style-type: none"><li>• Listen</li><li>• Follow the language suggestions above</li><li>• Refer them to mental health professionals for specific questions about mental health or suicide</li><li>• Thank the person for sharing</li></ul>	<ul style="list-style-type: none"><li>• Talk in hushed or embarrassed tones</li><li>• Move to a different location, unless the person specifically asks</li><li>• Assume they are better, for most people this is a lifelong struggle</li><li>• Give advice, or invalidate the experience (one-upping/one-downing)</li></ul>

## Responses to a Suicide

When a suicide loss occurs, there are best practices one can take to assist in the grief process and mental health of those affected.

### Loss Within the Community

Death by suicide of a family member, friend, school mate, work colleague, community member, or any other person within your close circle is a unique loss.

- Seek immediate help if you have suicidal thoughts



- Seek help from a mental health professional, as the grief process varies by individual
- Disengage from social media or mute certain hashtags
- Moderate your Discord and Twitch chats and remove any posts that may be triggering to others or glorify suicide. Post the helpline for your region.
- Posting about the loss
  - Respect the family’s lead in deciding to post if the death was by suicide. Be truthful if suicide is openly acknowledged by family.
  - Do not provide specific details about death
  - Avoid glorifying the person, or placing guilt on those who are still alive
  - Avoid using the phrases “they’re in a better place” or “forever young” as these phrases make suicide inappropriately attractive to at-risk people
- Promote suicide awareness fundraisers, charitable organizations, and resources to get help
- Avoid overstating frequency of suicide or oversimplifying causes

### Loss of a High-Profile Person

Death by suicide of high-profile persons, such as celebrities, social medial influencers, politicians, are often extensively covered in all forms of media. Media coverage of suicide can run the risk of glorifying suicide to at-risk people and triggering to suicide attempt and loss survivors. Below are some tips for this type of situation:

- Disengage from social media or mute certain hashtags
- Seek help from a mental health professional if needed
- Moderate your Discord and Twitch chats and remove any posts that may be triggering to others or glorify suicide. Post the helpline for your region.
- Promote suicide awareness fundraisers, charitable organizations and resources to get help
- Avoid overstating frequency of suicide or oversimplifying causes

### Additional Educational Resources

If you would like to learn more about suicide awareness prevention and postvention, the following resources have toolkits, webinars, and both live and online classes:

American Association of Suicidology [www.suicidology.org](http://www.suicidology.org)

LivingWorks [www.livingworks.net](http://www.livingworks.net)

QPR Institute [www.qprinstitute.com](http://www.qprinstitute.com)

Suicide Prevention Resource Center [www.sprc.org](http://www.sprc.org)



## Signs of Suicidal Thoughts and Behaviors

The TTRPG community can be broken down into many smaller communities. There are Twitch, Discord, event/convention, store, and system communities, along with the individual groups playing a game. Each community is unique in its makeup, interactions, and member relationships. As you interact with members of these communities, you can learn to notice signs of suicidal thoughts and behaviors.

	Behavior	Example
Actions you might see	Personality or behavior changes	Changes in how they interact in games or in chat
	Withdrawing or isolating (self-imposed)	Missing games, not showing up in usual chats, not responding to direct messages with little or no reason as to their absence
	Substance use/abuse	May appear under the influence during game, increased substance use in inappropriate ways that are not socially sanctioned during gameplay
	Moodiness	Change moods during a game or chat or from one game to the next (increases in anxiety, anger, or sadness), quick or abrupt mood shifts that may appear unprompted or untriggered
	Behaving in ways that are unusual	Changes in participation, frequencies of participation, aggressive or irritable behaviour towards other players
	Giving away possessions	Giving away books, dice, minis, etc., with no explanation or seeking long-term care for pets
Talk you might hear	Death or suicide	Expressed in stream chats, Discord servers, on social media, or in person
	Big problems	
	Not caring	
	Emptiness	
	Not having purpose	
	Being alone	
	Escaping	
Being better off dead		
Feelings you might sense	Sad or depressed	Could be expressed in stream chats, Discord servers, on social media, explicable with emoticons or status updates, may be a general connotation from types of things or visibly seen when in person
	Hopeless or helpless	
	Guilt or shame	
	Numb/emptiness	
Life Situations you might be aware of	Abuse or violence	Expressed in stream chats, Discord servers, on social media, or in person
	Death or loss; grieving	
	Relationship problems	
	Non-suicidal self-injury/self-harm	
	Painful events (trauma)	
	Prior suicide attempts	



Having scheduled moderators in your community chats can assist in noticing the signs listed above. There are also automated tools that can be used in Twitch and Discord that can look for keywords and notify the moderators when they appear.

### Discord Tools

Discord has numerous bots that can be added to your server to assist in moderation. In addition to moderating for specific signs of suicidal thoughts and behaviors, creating a safe community in your server assists in the overall mental health of the members. Develop a clear code of conduct, examples of violations, and the effects of violating the code. Require all member to read and accept before officially joining your server. Enforce all violations of the code swiftly and consistently.

### Twitch Tools

Twitch has a channel moderation feature called AutoMod. AutoMod utilizes algorithms to hold risky messages from chat, so they can be reviewed by a chat moderator before releasing to other viewers in chat. Detailed information about using this feature can be found here:

[https://help.twitch.tv/s/article/how-to-use-automod?language=en\\_US](https://help.twitch.tv/s/article/how-to-use-automod?language=en_US)

Within AutoMod, you can also create a list of Blocked terms and phrases from appearing in the chat. Some words and phrases related to suicide that you may want filtered to a moderator for further handling are:

<ul style="list-style-type: none"><li>• Suicide</li><li>• Self-harm</li><li>• Killing myself</li><li>• Better off dead</li><li>• I don't care anymore</li></ul>	<ul style="list-style-type: none"><li>• No one cares</li><li>• No one will miss me</li><li>• Hurt myself</li><li>• Can't take it anymore</li></ul>
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Additionally, preparing yourself, and your moderators/team with tools to assist when these terms are flagged will create safety within your community, for both those engaging with you as the streamer and those working with you as moderators.

### Connecting People to Help

If you notice any of the signs above or if someone explicitly expresses they are having thoughts of suicide and self-harm, the next step is to connect the person to help as soon as possible if it is within your capacity and capability. Please do not leave the person alone; wait with them until you can confirm that someone else is assisting them in seeking help. Additionally, do not feel you have to solve or alleviate the crisis yourself – helping the individual get access to adequate mental health support is of the primary concern, as well as your emotional well-being. Below are strategies in connecting people to help depending on the situation.



Situation	Strategy
In Person	<ul style="list-style-type: none"> <li>• Move to a safe location and help the person call a suicide crisis line. Offer to stay on the line with them or if there is someone else they would like you to contact (partner/family/friend).</li> <li>• If there has already been any harm towards the self or steps taken towards suicide that require medical intervention, contact emergency medical services.</li> </ul>
Discord Server	<ul style="list-style-type: none"> <li>• Direct message the person. Explain that you are concerned they may be thinking about suicide and you want to connect them to help. Provide them the proper crisis line number from the Resources page below. If they have indicated they have already harmed themselves, get their location and contact emergency medical services.</li> <li>• If chat begins a discussion about the posting, have a moderator post “We are in direct contact with the individual and assisting them in seeking help. If you or someone you know needs help, contact the National Helpline at 1-800-273-8255 or text 741 741” or the crisis line info for your country if outside the US/Canada.</li> </ul>
Twitch Stream	<ul style="list-style-type: none"> <li>• Have a moderator direct message the person. Explain that you are concerned they may be thinking about suicide and you want to connect them to help. Provide them the proper crisis line number from the Resources page below. If they have indicated they have already harmed themselves, get their location (if they are willing to give it to you) and contact emergency medical services.</li> <li>• If chat begins a discussion about the posting, have a moderator post “We are in direct contact with the individual and assisting them in seeking help. If you or someone you know needs help, contact the National Helpline at 1-800-273-8255 or text 741 741” or the crisis line info for your country if outside the US/Canada.</li> </ul>
Social Media <ul style="list-style-type: none"> <li>• Twitter</li> <li>• Instagram</li> <li>• Facebook</li> </ul>	<ul style="list-style-type: none"> <li>• Direct message the person. Explain that you are concerned they may be thinking about suicide and you want to connect them to help. Provide them the proper crisis line number from the Resources page below. If they have indicated they have already harmed themselves, get their location and contact emergency medical services.</li> <li>• If there are additional comments posted about the initial posting, post “We are in direct contact with the individual and assisting them in seeking help. If you or someone you know needs help, contact the National Helpline at 1-800-273-8255 or text 741 741” or the crisis line info for your country if outside the US/Canada.</li> </ul>

**Remember: your goal is to connect the person with a resource qualified in helping with suicidal thoughts and behavior, not to provide help yourself. Please seek your own mental health assistance as needed or a trusted support person to help you.**

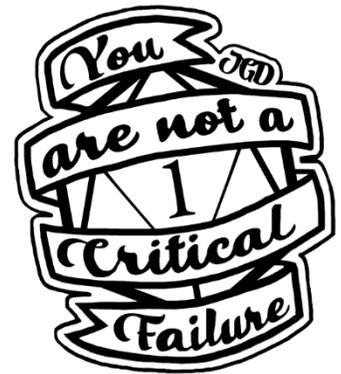


## Resources

### You Do Not Have To Roll For Initiative Alone!

Below is a list of lifelines to contact if you or someone you know needs help.

National Suicide Prevention Lifeline	1-800-273-8255
Crisis Text Line	Text "START" to 741-741
Lifeline Crisis Chat	<a href="http://www.crisischat.org">www.crisischat.org</a>
Find a Helpline	<a href="http://www.findahelpline.com">www.findahelpline.com</a>
Trans Lifeline	1-877-565-8860 or <a href="http://translifeline.org">translifeline.org</a>
Trevor Project	1-866-488-7386
Veterans Crisis Line	1-800-273-8255 Text 838255
Canada	1-833-456-4566 Text 686868
United Kingdom: Samaritans	116 123 (UK) 116 123 (ROI)
Lifeline Australia	13 11 14



## Crises Centers and Lifelines

### General Information

A crisis center is a resource for individuals going through mental health crises. Crisis centers are local and connected to their community resources, community mental health services, hospitals, social services, and first responders. These crisis centers answer calls that come in from telephone, chat, and website lifelines. Crisis centers utilize trained volunteers and mental health professionals. Volunteers are trained to support callers/chatters in crisis and imminent risk situations. In addition, crisis centers provide training and education resources on suicide prevention and mental wellness.

### United States

The National Suicide Prevention Lifeline is a network of over 180 accredited crisis call centers across the United States. Lifeline crisis centers are effective in reducing caller distress and suicidality and help tens of thousands of people get through crises every day. In 2019, Lifeline answered 2.2 million calls. All centers are accredited through reputable organizations focused on suicide prevention and research, provide extensive training in crisis intervention and suicide, and must apply best practices on calls.

### What Happens When You Contact a Crisis Line

When you contact a crisis line by phone, text or chat, you will talk to a trained volunteer or mental health provider. It can feel overwhelming when you contact a crisis line, but remember that the person on the other end wants to listen to you and help. These helplines exist to provide confidential, non-judgmental space and provide immediate support, counselling, and information. There is also no wrong way to start the conversation. Here are some ideas to help:

- Practice what you want to say



- Write down key points you want to talk about
- Use some of the following sentence starters
  - Things are hard at the moment because...
  - Lately I've been feeling...
  - I'm dealing with... at the moment and ...

The person on the other end is there to listen to you: there is no wrong way to share your thoughts, feelings or experiences and you can tell them as much or as little as you are comfortable with. They can then also answer your mental health question and connect you to local resources for continuing mental help support. If you are experiencing a moment of crisis and need immediate help, they will help to calm you down and keep you safe.

## Self- Care

Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health. By being mindful of your own needs, you are better able to support the people you care about. Promoting self-care in our TTRPG community strengthens the community as a whole and allows us to support members when they need help.

### Self-Care Tips

Self-care tips can be shared on Discord, Twitch, or social media to spread awareness and encouragement among your followers. There are numerous online resources and books for self-care ideas. There are also thousands of apps you can try out and recommend to your community members. These can be shared, daily, weekly, or monthly, depending on your posting schedule and type of self-care activity. Below is a sample chart of 100 self-care tips that people can roll a d100 on for added TTRPG fun:

1. Meditate	51. Unplug for a day
2. Read a non-fiction book	52. Cry
3. Go outside	53. Watch a new Twitch show
4. Do a crossword puzzle	54. Go on a picnic
5. Listen to a podcast	55. Play a video game
6. Call a loved one	56. Create an NPC
7. Laugh	57. Listen to music
8. Play with a pet	58. Exercise
9. Walk	59. Give yourself flowers
10. Watch a sunrise	60. Learn a new TTRPG
11. Make art	61. Sing
12. Ask for help	62. Stargaze
13. Journal	63. Take a class
14. Go to the zoo	64. Write a haiku
15. List achievements	65. Read a magazine
16. Brew tea/coffee	66. Visit a library
17. See a play	67. Swim
18. Volunteer	68. Practice deep breathing



19. Learn a new word	69. Browse a bookstore
20. Try new recipe	70. Watch a movie
21. Go to a concert	71. Learn a new craft
22. Play a sport	72. Play with clay
23. Nap	73. Practice deep breathing
24. Garden	74. Send a joke to someone
25. Drink water	75. Do something you're afraid of
26. Social media break	76. Organize/declutter an area
27. Play board game	77. Read a comic or graphic novel
28. Visit craft fair	78. DM a TTRPG one- shot
29. Create new character	79. Join a support group
30. Stretch	80. Do a random act of kindness
31. Play with Legos	81. Bird watch
32. Bathe/shower	82. Make a playlist
33. Donate to charity	83. Practice positive affirmations
34. Forgive someone	84. Eat favorite dessert
35. Watch a sunset	85. Mindfulness exercises
36. Dance	86. Woodwork
37. Color	87. At home spa
38. Bake	88. Attend a comedy show
39. Go for a drive	89. Write a poem
40. Origami	90. Try a new food
41. Binge a tv show	91. Write a short story
42. Read a fiction book	92. Visit a farmer's market
43. Cuddle a love one	93. Write gratitude list
44. Read poetry	94. Learn new software
45. Paint a mini	95. Visit a petting zoo
46. Write a letter to your past self	96. Expand character backstory
47. Take pictures	97. Put together a puzzle
48. Write an adventure	98. Create an inspiration board
49. Visit a museum	99. Mail a letter to a loved one
50. Try a new drink	100. Meet with your mental health provider

## Safety Toolkits

TTRPGs offer DM/GMs and players infinite ways to engage in collaborative storytelling. Sometimes the story or roleplaying may involve content or discussions that others at the table find uncomfortable or difficult. To ensure self-care at the game table, several methods can be employed. Kienna Shaw and Lauren Bryant-Monk created an outstanding TTRPG Safety Tool that can be found at: [bit.ly/ttrpgsafetytoolkit](https://bit.ly/ttrpgsafetytoolkit) – a few of their suggestions have been briefly summarized below.



Content Warnings	<ul style="list-style-type: none"> <li>• When posting games for players to signup, include in the game description</li> <li>• Include disclaimers at the start of live streams, in chat, and in posted video descriptions</li> </ul>
Consent Forms	<ul style="list-style-type: none"> <li>• These are forms that are sent out to players before the game</li> <li>• Form allows the players to indicate their consent and comfortability with certain content and topics</li> </ul>
X Card System	<ul style="list-style-type: none"> <li>• Cards that are marked and can be raised by a player or typed into a chat at any time during a game</li> <li>• X-when a participant is uncomfortable with what is happening in a game. The group can change, rewind, or skip content.</li> <li>• N-when a participant feels like they are heading towards an X. The group can change the content.</li> <li>• O-when a participant wants to continue with the content. Can be used after the DM/GM checks in with the group or to follow up after the use of an X or N card.</li> </ul>
Red-Yellow-Green	<ul style="list-style-type: none"> <li>• Green, yellow, and red pieces of paper can be raised by the player or colors typed into the chat at any time during a game</li> <li>• Red-when a participant is uncomfortable with what is happening in a game. The group can change, rewind, or skip content.</li> <li>• Yellow-when a participant feels like they are heading towards a red. The group can change the content.</li> <li>• Green-when a participant wants to continue with the content. Can be used after the DM/GM checks in with the group or to follow up after the use of a red or yellow card.</li> </ul>
Script Change	<ul style="list-style-type: none"> <li>• Cards that are marked and can be raised by a player or typed into a chat at any time during a game</li> <li>• Rewind (&lt;&lt;)-to rewind to a point before the content happened and play starts again</li> <li>• Fast Forward (&gt;&gt;)-to skip past uncomfortable content</li> <li>• Pause (  )-to take a break and/or discuss content</li> <li>• Resume (&gt;)-to continue play after use of the above</li> </ul>
After the Game	<ul style="list-style-type: none"> <li>• Check in with the group after the game to see how they are feeling</li> <li>• Have everyone share one thing they enjoyed</li> <li>• Have everyone share one thing they would like to see in the future or one thing they were uncomfortable with</li> </ul>



## Content Warnings

The list below is an example of possible content warnings:

<ul style="list-style-type: none"><li>• ableism</li><li>• abuse: emotional/ verbal/ physical</li><li>• amnesia/memory loss</li><li>• animal abuse/violence/sacrifice/death</li><li>• anger issues</li><li>• arson</li><li>• blood/gore/graphic injuries</li><li>• body shaming/body dysmorphia</li><li>• bullying</li><li>• corpses</li><li>• cult</li><li>• death</li><li>• disowning/abandonment</li><li>• divorce</li><li>• disordered eating</li><li>• forced marriage</li><li>• hallucinations/delusions/paranoia</li><li>• homelessness</li><li>• homophobia</li><li>• hospitalization</li><li>• human trafficking</li><li>• incest</li><li>• kidnapping/Stockholm syndrome</li></ul>	<ul style="list-style-type: none"><li>• manipulation/toxic relationships</li><li>• medical procedures/doctors/needles</li><li>• mental illness: general or list specific disorder(s)</li><li>• mind control</li><li>• murder/drowning/poisoning</li><li>• pregnancy/abortion/miscarriage/birth trauma</li><li>• racism/eugenics/experimentation</li><li>• rape/ sexual abuse/ sexual assault</li><li>• self-harm/non-suicidal self-injury</li><li>• sex/prostitution/slut-shaming</li><li>• sexism, misogynistic language</li><li>• slavery</li><li>• stalking</li><li>• starvation</li><li>• substance abuse/alcoholism/drugs</li><li>• suicide/suicidal ideation</li><li>• terminal illness</li><li>• terrorism</li><li>• transphobia/misgendering</li><li>• trauma/ PTSD/victim blaming</li><li>• violence/torture/physical assault</li><li>• war/executions/genocide</li></ul>
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## Example Disclaimer

This stream contains adult content, including discussions of mental health topics and suicide, which some viewers may find difficult. Please practice self-care before deciding to view this stream.

The views and opinions of the GM, players, and characters are those of the persons appearing on the stream and do not necessarily reflect the views and opinions of [Stream Name]. This content is not intended to be a substitute for professional advice, diagnosis, or treatment. Always seek the advice of your mental health professional or other qualified health provider.

If you or someone you know is thinking about suicide, please seek immediate help:

United States: 1-800-273-8255 or texting 741-741

Canada: 1-833-456-4566 or text 686868

United Kingdom: 116 123 (UK) 116 123 (ROI)

Australia: 13 11 14

Findahelpline.com



## References

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National Suicide Prevention Lifeline [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

QPR Institute [www.qprinstitute.com](http://www.qprinstitute.com)

Suicide Prevention Resource Center [www.sprc.org](http://www.sprc.org)

TTRPG Safety Toolkit: A Quick Reference Guide V. 2.1 Kienna Shaw [bit.ly/ttrpgsafetytoolkit](http://bit.ly/ttrpgsafetytoolkit)

