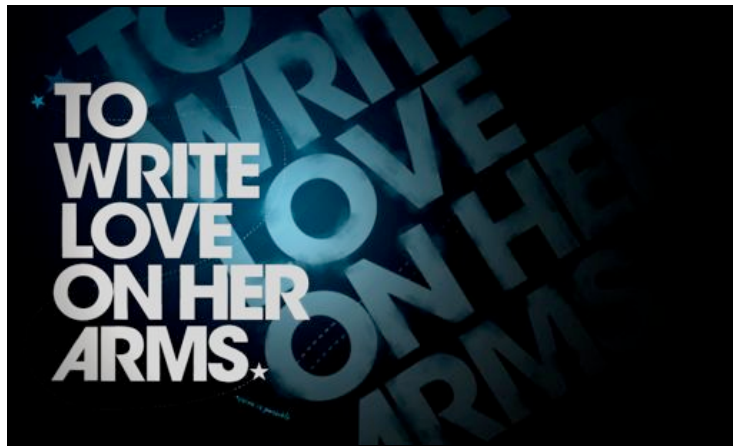


# Suicide Survival Kit:

If you are suicidal, please consult a qualified professional. Here are a few links that will help.

## • PROFESSIONAL RESOURCE WEBSITES •

<http://www.twloha.com/find-help/>



<http://www.postsecretcommunity.com/news-faq/wellness>



**Please click the links before reading further....**

Have you done it yet?...

Okay.

Now we can begin.

Hello, my name is Kenton, and I'm here to help. **You are not alone.**



If you've found this document, you know we're trying to make a movie called *When It's Cold, I'll Keep You Warm*. The movie is about suicide, and the goal of the movie is to be **honest and provide realistic hope**. It's a personal film, and I'm making it as a pep talk for myself **that will hopefully speak to you**.

Even though every hour of every day will be devoted to making *When It's Cold*, movies take close to forever to finish, and our film probably won't be finished until about 2015 (if we can find financing before the end of 2011).

In the mean time, I thought it would be a good idea to make this **Suicide Survival Kit to help you NOW**. It consists of things that have helped me, and **it's a work in progress**. Take a look and see if anything speaks to you.

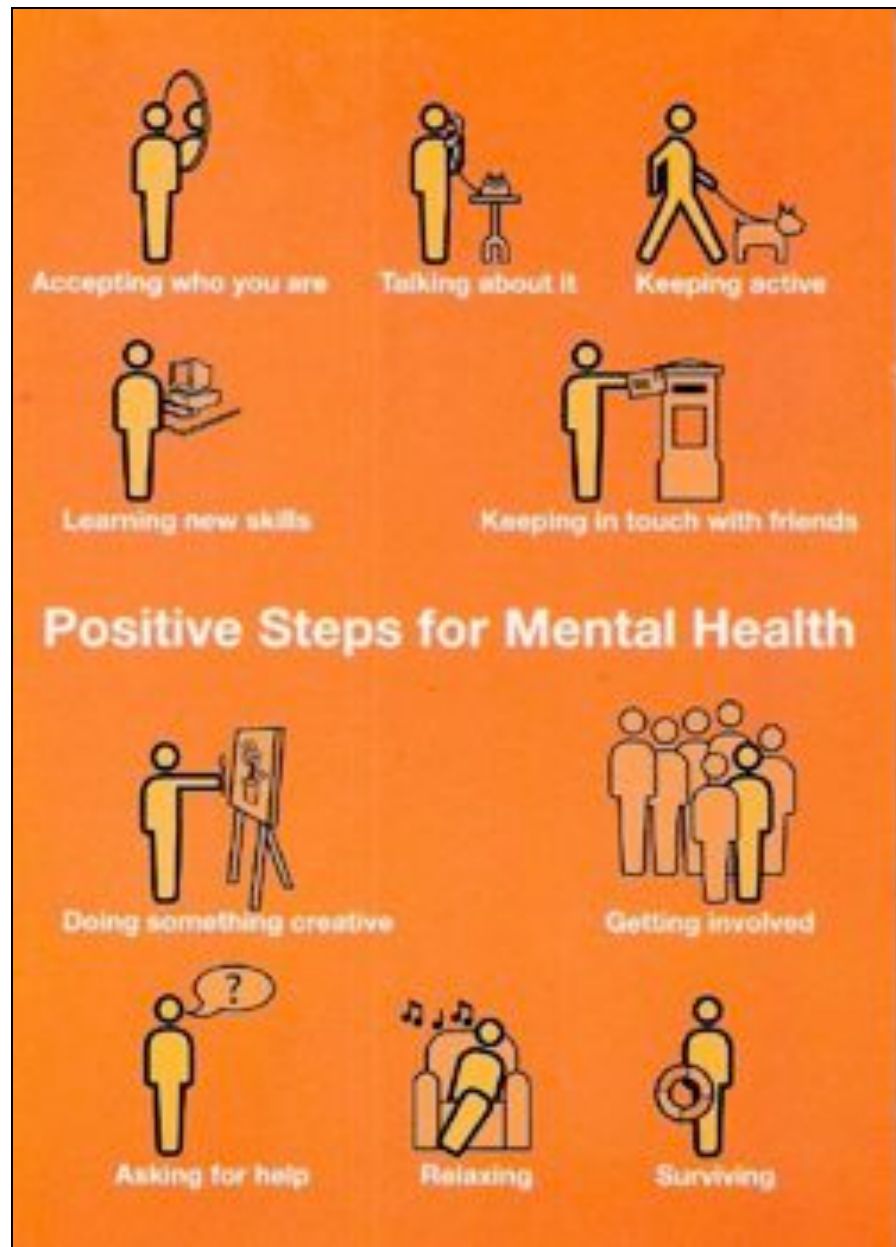
- Do I have answers? No.
- Do I have solutions? No.
- Do I have suggestions to improve your day & your perspective? Yes.
- Can I tell you that you're not alone? Yes.
- Will you believe that I want you to live? I hope so.

You're going to be okay.

Please **hold on**.



**This picture** is very concise and helpful. Take a look at it.



**This video** might help with your perspective.

(It's really an art exhibit, but someone recorded it as a video and posted it online.)

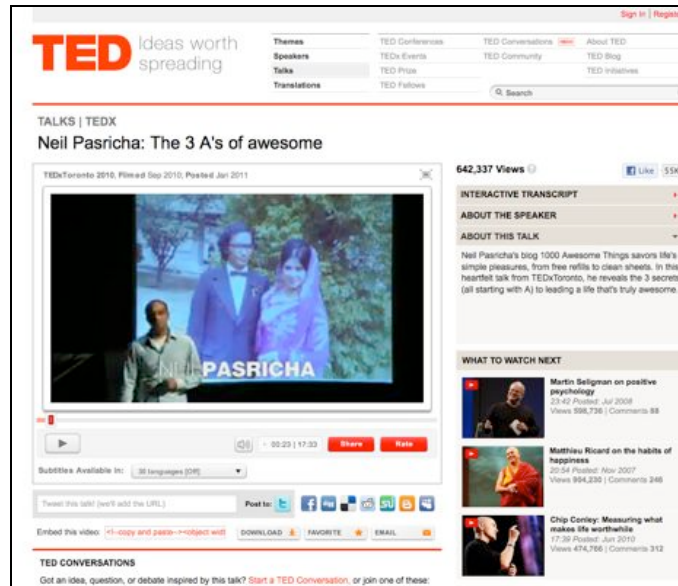
The dark place you're in now will pass.



**"The Hallway" by Miranda July**

<http://vimeo.com/1976212>

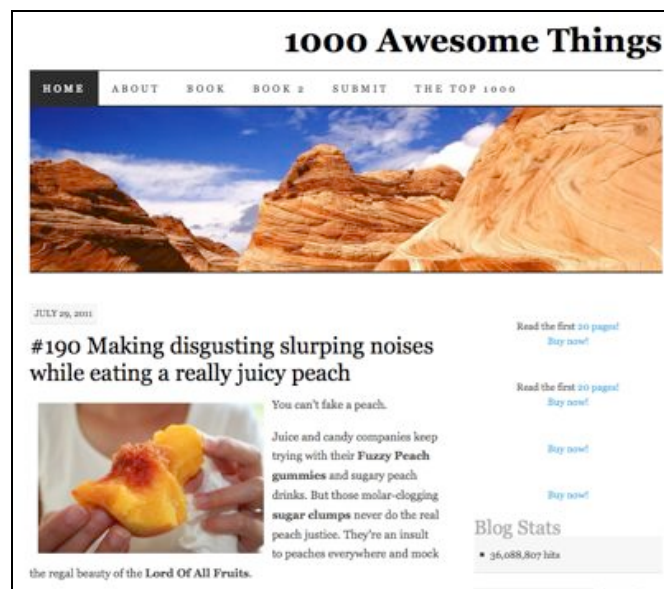
**1,000 Awesome Things...** was started by someone who lost a good friend to suicide. To get out of his dark spot, he tried to focus on the small things that made him happy to be alive.



Listen to his Ted Talk.

[http://www.ted.com/talks/neil\\_pasricha\\_the\\_3\\_a\\_s\\_of\\_awesome.html](http://www.ted.com/talks/neil_pasricha_the_3_a_s_of_awesome.html)

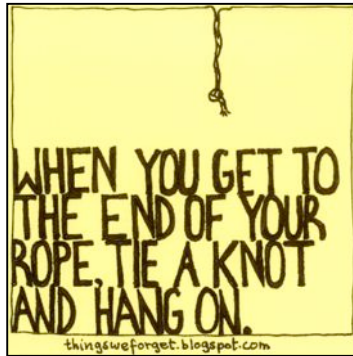
(Feel free to explore other Ted Talks, they are inspiring.)



Read the blog:

<http://1000awesomethings.com/>

# Things We Forget... because if you're lost, you've probably forgotten something you used to know so well.

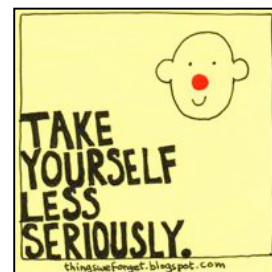


<http://thingsweforget.blogspot.com/>



<http://thingsweforget.tumblr.com/>

<https://www.facebook.com/pages/thingsweforgetblogspotcom/59899066172>





**Read this story...** It's only one story, but there are millions. It's really sad, but it helps.

No matter how alone and helpless you feel right now, your actions will break the heart of someone close to you. Google and find more stories if this helps you. There are countless stories to read.

**Suggestion:** write down a list of everyone you've talked to in the past five years. You may feel alone now, but make the list and think about those people crying. It's probably going to make you cry. That's okay. Let it out. **Hold on.**

2015-07-13 01:45

24 5 1 ❤️

i wanna kill myself. no one would care



Anonymous

I'm going to tell you a story. I knew this boy, his name was Dustin. We met when I was 13 and he was 14. We went to school together, we clicked on pretty much everything, he was really my best friend. I loved this boy like no other, we were together 24/7 and knew everything there was to know about one another. We spoke often of depression, both dealing with it we shared stories of wanting to take our lives, on more than one occasion. Not thinking he would do it, I shrugged it off. Well, the summer of 06 I had planned on going to Texas. The last day of school he was absent, he walked to the school to see me home. He looked me in the eyes with a fear I won't ever forget and said 'I need you here, please don't go.' I was selfish and said 'Dude, I'll be back in a month, you'll be okay.' and walked away. A month later I got a call that he had hung himself. His note read 'no one cared enough to stay.'

I literally felt my heart break, I loved him so much. More than I could put into words. At his funeral there were over 200 people. He thought no one cared, I saw people shaking, crying, screaming, begging and pleading for him to come back. He thought no one cared. Everyone cared. It sucks that sometimes people have to be taken away from us in order to appreciate them, but it happens. People in those moment show how much they care. This boy wanted to die, and I understood because I did too. Depression isn't anything that can be fixed overnight, especially by death. When you want to kill yourself, you really think no one would care, when in reality they do. I'm asking you to stay, because I care. I care about your life, your goals, your happiness, your sadness. I care that you get better because you deserve to be happy. Its a right. As do others. Death isn't a solution not now, not ever.

# **Pandora...** Find **new music** you like.

Just type in a song or artist you like, and it generates similar music.  
And it's free. Get excited about music.

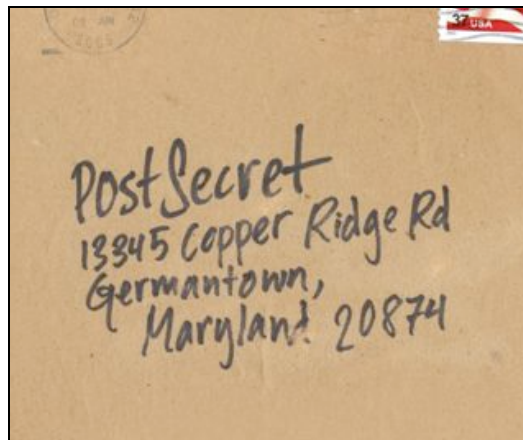


<http://www.pandora.com>



**Postsecret**... People send secrets on anonymous postcards which get posted online every Sunday. Some are published in Postsecret books (which are all great). Look at the secrets and know you are not alone. This can be depressing, but it could help you feel a sense of community.

<http://postsecret.com/>



<http://grouphug.us/> is a similar site with constantly-streaming confessions. More text-heavy, less filtered, and less artistic.



**Art**... Find art you love. Isn't it wonderful? Go to the library and browse the 'art' section. Sit down and look through some books.

"There's too much beauty to quit."



Make art. It's therapeutic... OR... Stop making art if it's making you sad.

**Books**... *The Perks of Being a Wallflower* is a great book to read if you feel like no one understands what's going on in your mind. It could seem slightly juvenile to older readers, but if you relate to the title, you'll probably love the book.



# Movies...

**Lars and the Real Girl (2007)**... it's a little quirky, but it's a very hopeful and honest film about a lonely man coping with life in his own way. Get over the title and watch it.



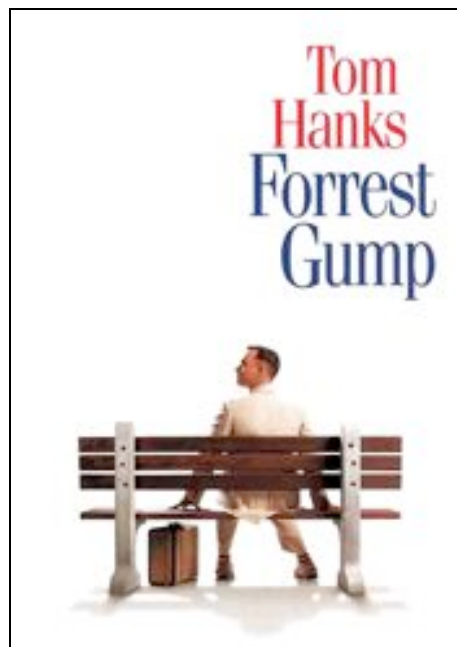
**It's Kind of a Funny Story (2010)**... It tackles issues of suicide and mental health in a serious but lighthearted way. It's hopeful and will make you feel better.



**The Pursuit of Happyness (2006)**... The human struggle. It's ups and downs.



**Forrest Gump (1994)**... because if you're human, this movie will remind you what that means.



# **Suggestions...**

Get help... Call the numbers on the first page, call a friend, go to the ER, see a psychologist, medicine can be the answer, find a support group near you, go to talk therapy, talk to SOMEONE.

Go outside.

Go on a walk.

Get a pet. Take care of it. It sounds stupid, but it can drastically change your life... If getting a pet is not an option, find something you can nurture.

Hang out with a friend. If you don't have any friends, hang out in a public place. If you cannot go to a public place, try to make the most out of your situation.

Make a personal goal for yourself. Work towards it.

Give yourself a sense of purpose. No matter how small or insignificant it might seem right now... For me, I started working on this movie and working on making things like this document. You might think: there is no point. You might be right, but if you trick yourself into having some kind of purpose, you can create joy in your life that makes being alive manageable. You can dig yourself out of this hole. I promise. You can find the light.

Talk about your feelings. It might sound foolish, but the sheer act of verbalizing your thoughts helps more than you think. If you don't have anyone to talk to, and don't want to call a hotline, try making a web video or even talking to yourself out loud.

Do something you've never done before.

Volunteer... Cliché? Yes... Does it work? Yes... Does it require effort? Yes... It's okay. You can start small and build. Do something constructive and feel better about yourself. Realize there are others less fortunate.

Find a new hobby... I've heard this so many times and thought it was B.S. But, it's not. I've known 5 people in my life who have randomly taken up a hobby (rock climbing, painting, video making, etc.), and it changed their life.

Re-decorate. By changing your immediate surroundings, even in a small way, it will help change your perspective.

Change where you sleep.

Change jobs (or change the way you fill the hours of your day).

Develop a routine.

Break your routine.

Move cities. Look at travel books.

Go home to your city.

Listen to music.

Read a book.

Watch a movie.

Watch TV.

**Find something in the near future to look forward to.** Regardless how insignificant. Maybe it's the weekend, maybe it's eating your favorite food tomorrow, maybe it's going on holiday. Give yourself a goal date to stay alive until. Then when the goal date arrives, find something else to look forward to. You can do it.





**Inspiring people...** This could be completely irrelevant to you, but these are all people who inspire me. When I think about them, I become inspired, or get encouraged to read an interview with them or find something they've made. Make a list of people who inspire you, and maybe it will have the same effect.

Paul Thomas Anderson  
Jon Brion  
David Gordon Green  
Charlie Kauffman  
Sam Beam  
Terry Gilliam  
Thom Yorke  
Wes Anderson  
Maggie Gyllenhaal  
Peter Sarsgaard  
Ryan Gosling  
Eddie Vedder  
Sufjan Stevens  
Fiona Apple  
Terrence Malick  
Christian Bale  
Michael Shannon  
Philip Glass  
Craig Brewer

Sam Mendes  
Sarah Polley  
Thomas Newman  
Danny Elfman  
Tim Burton  
David Byrne  
Francesca Woodman  
Andrew Garland  
Javier Bardem  
Viggo Mortenson  
Natalie Portman  
Carey Mulligan  
John Hillcoat  
Glen Hansaard  
Colin Farrell  
Billy Crudup  
Miranda July  
David Michod  
Steven Susser

Jean Pierre Jueunet  
Alex Garfield  
Carey Mulligan  
Mark Romanek  
Joe Wright  
Naomi Watts  
Benecio Del Toro  
Mike Mills  
Craig Brewer  
Spike Jonze  
Martin Hynes  
Isaiah Zagar  
Jonsi  
Robin Pecknold  
Nick Cave  
Michelle Williams  
Derek Cianfranc

## **Quotes...**

"Suicide is boring" – David Gordon Green

"Be constructive with your blues" – Thom Yorke

"In a dark time the eye begins to see" - T. Roethke

"If you don't know where you're going, you might as well stick around"  
– The Go Getter

"Mr. Holland had a profound influence on my life. On a lot of lives I know. But yet I get the feeling that he considers a great deal of his life misspent." – Mr. Holland's Opus

"Try to stay out of your head. I have seen you invent the damndest things there." – Greg Laswell

"Our greatest glory is not in never failing, but in rising up every time we fail." – Ralph Waldo Emerson

**When It's Cold...** follow our project. The movie is designed to be a feature film dose of 'medicine' for being suicidal. Watching our movie is something to look forward to. Here are ways to get involved:

Join our *When It's Cold* Facebook page to keep up with its progress  
<https://www.facebook.com/pages/When-Its-Cold-Il-Keep-You-Warm-2015-Feature-Film/235929139780102>

Promote our Facebook page or website  
<http://www.FindYourMissingPieces.com/WhenItsCold>

Promote our first feature film, *Missing Pieces*  
(by promoting *Missing Pieces*, people will find *When It's Cold*.)

- Official Website: [www.FindYourMissingPieces.com](http://www.FindYourMissingPieces.com)
- Trailer on Youtube:  
<http://www.youtube.com/watch?v=O8UoSZUKE0A>
- Facebook page: <https://www.facebook.com/pages/Missing-Pieces-2012-Feature-Film/266038773411770>
- Twitter page: [www.Twitter.com/kentonbartlett](http://www.Twitter.com/kentonbartlett)
- Tumblr page: <http://kentonbartlett.tumblr.com>



This is a passion project, and to make this film work, we need the help of passionate people like YOU. Please help spread the word... Post things on Facebook, tell your friends, do whatever you can. Through spreading the word, we will increase our chances of finding a financier for the project and making the movie.

Please excuse talking about our movie here. This film is important, and the sooner we make it, the more lives we will save.

# **WEB CAM VIDEO PROJECT... *When It's Cold***

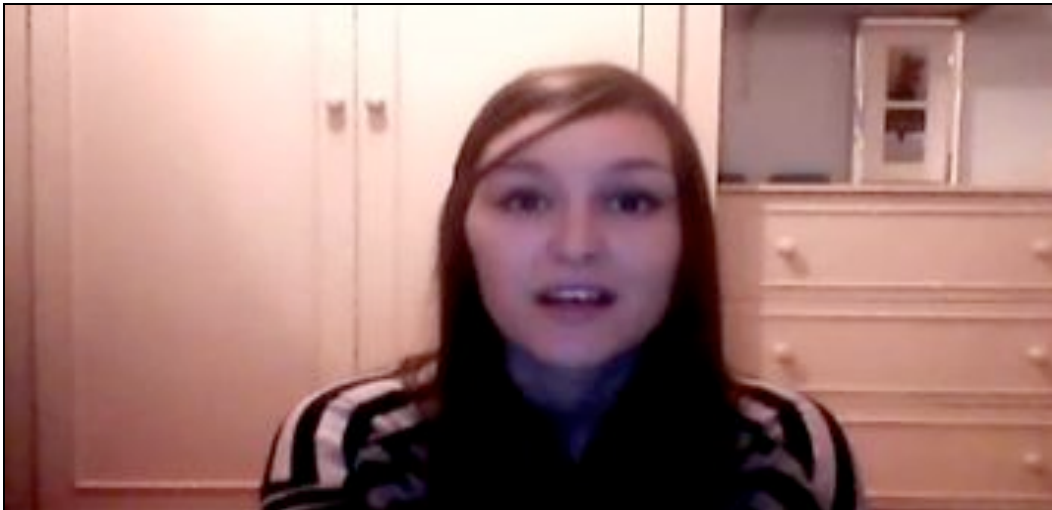
will be a proper, narrative feature. However, we have an idea for the end credits that involves **YOU**.

The movie is designed to convince people not to kill themselves. We don't want to impart this advice in a glossy-optimistic way. We want to show it from a perspective of people who ACTUALLY understand the issues...

Like **YOU**.

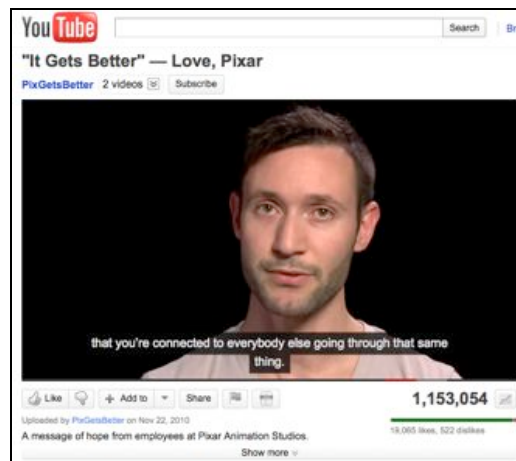
Please download and read this document:

<http://www.FindYourMissingPieces.com/webcamproject.pdf>



**Videos...** I suggest going outside. Put down your computer, and go outside. Get some fresh air. A new perspective will help.

But... I spend too much time on the computer, and youtube videos have helped pull me through from time to time. So... here are a few videos that have helped me. Without knowing your taste and sensibilities, there are a bunch here. Maybe you'll like one or two of them. Maybe they will remind you that life is worth living.



[http://www.youtube.com/watch?v=4a4MR8oI\\_B8](http://www.youtube.com/watch?v=4a4MR8oI_B8)

(even though the "It Gets Better" campaign is targeted slightly towards discrimination and bullying, it is applicable to anyone who feels lost or that they don't belong. Very hopeful.)



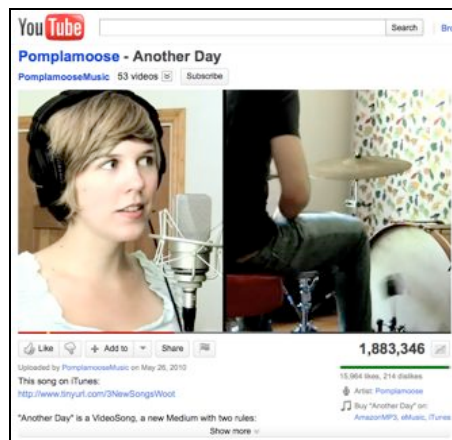
<http://vimeo.com/14843527>

(Hopeful song from people who know what they're talking about. Folk. Start at 0:15.)



[http://www.youtube.com/watch?v=xfq\\_A8nXMsQ](http://www.youtube.com/watch?v=xfq_A8nXMsQ)

(A song of advice. Just listen, don't pay attention to the video)



<http://www.youtube.com/watch?v=Uolz7V12evc>

(two people loving what they do)



<http://www.youtube.com/watch?v=pwnefUaKCbc>

(great upbeat song)



[http://www.youtube.com/watch?v=TSB6vIHW\\_XQ](http://www.youtube.com/watch?v=TSB6vIHW_XQ)  
(a singer songwriter I love singing her heart out)



<http://www.youtube.com/watch?v=SbzISG-G67c>  
(a bit of a slow song, but Jonsi is a very human individual.)



<http://www.youtube.com/watch?v=Ns4tHhI60dI>  
(start at 1:34 – Brandi's friend committed suicide, and this is her song about it)





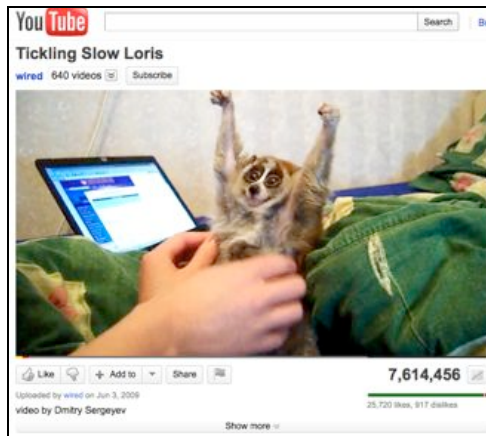
<http://www.youtube.com/watch?v=FtX8nswUKU>  
(a video of a young girl acting silly)



[http://www.youtube.com/watch?v=cV6I1\\_o6vrY](http://www.youtube.com/watch?v=cV6I1_o6vrY)  
(animal videos with English people dubbed over)



<http://www.youtube.com/watch?v=7pilppVBPrE>  
(stupid video of a dog drumming)



<http://www.youtube.com/watch?v=g9f-6jygRJk>  
(just a cute animal video)



[http://www.youtube.com/watch?v=d4tkiGvV\\_ek](http://www.youtube.com/watch?v=d4tkiGvV_ek)  
(Sufjan Stevens and a banjo, very folksy, very human)



<http://www.youtube.com/watch?v=u0PUrNwvvBk>  
(great comic scene)



[http://www.youtube.com/watch?v=92D15qtI\\_Gk](http://www.youtube.com/watch?v=92D15qtI_Gk)  
(great scene from a great movie)



<http://www.youtube.com/watch?v=bfGcy8BATDc>  
(start at 2 minutes. Even if you are single and feel lonely, romance in the future is always something to hope for.)



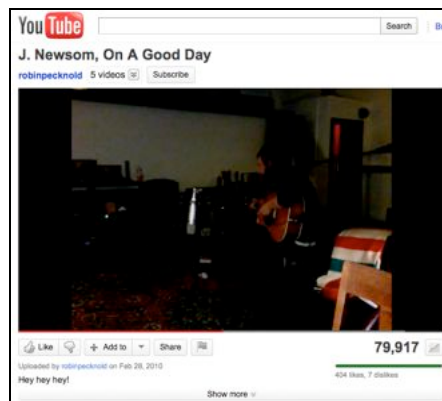
<http://www.youtube.com/watch?v=SUJwjM6d3Yg>  
(a hopeful scene that might make you cry if you've seen this movie)



<http://www.youtube.com/watch?v=UBtwWYY4uw>  
(if you like "artsy" people, you will love Miranda July. She's pretty great. Look into her.)



<http://www.youtube.com/watch?v=Pgv6dKV03dA>  
(folk band, Fleet Foxes, with a lively song and a lively video)



<http://www.youtube.com/watch?v=VIC0nQ2wEp8>  
(kind of sad, but very human)



<http://www.youtube.com/watch?v=7EYAUazLI9k>  
(flashmob... human connection)



<http://www.youtube.com/watch?v=bsutGF-TW-o>  
(even Jim Carrey cries... it's going to be okay)

**Closing**... please know you are loved. You are. I hope something here helps you out. Please call the hotlines on the first page. They will help you.

You are not alone.

You will be okay.

You are loved.

Hold on.



P.S.  
I am here for you too.

You can write to [Kenton@KentonBartlett.com](mailto:Kenton@KentonBartlett.com) (or call 205-862-2559) if you need someone to talk to. I am not trained in counseling and am a pretty introverted person, so I might not be the best person to talk to (my personality is suited towards filmmaking). Please call a hotline first. I am a little better at writing out advice (like this thing). I do care about you and want you to be okay. Please reach out any time. Even if you just want to say 'hey.' Take care, and hold on.

Updated July 31, 2011