

So You Want  
To

DIE?



Siren And Deathling

Living while  
being  
suicidal...





for my Ancestors  
and for those I trust  
with my heart ♡ ☆  
and mostly for my Kiddo ♡ ☆  
thank you for opening the  
portal for me to explore  
my truth &





This is a glimpse into my suicidality 🗑️

What does yours look like? 👁️👁️

Hello, my name is .





# WHO AM I?

## IN THIS CONTEXT...

\*Somewhere in between trash and divinity.\*

Siren and Deathling: I am a death worker currently focused in the realm of suicide and unexpected circumstances or consequences (specifically within the constructs of community, capitalism, and colonial constructs.) My scope of experience is in community care and harm reduction, SI (suicidal ideation) intervention and intentional death planning, queer sex legacy building, frontline activism support, and building consent and autonomy conversations about how we die. I am a trauma informed body-based practitioner and community organizer who loves coffee, weed and loving as an action. All of this work is a reflection of work I've done in my own life.

I believe and have been taught that  
how we die is political → and as much as  
I believe in autonomous collective care in LIFE  
I believe MORE that we cannot have that ↑  
without autonomous collective deathcare.

# WHO IS THIS FOR?

FOR ME AND YOU

This is for those who are suicidal and those who love us. It is mostly for me and the people I love. It is A culmination of thoughts I have, and questions I ask myself. It is the result of many safety and care plans put together for myself and others by myself and others. It is an attempt for me to live and let others love me and an invitation to anyone who wants it to do the same. Please use this zine as a blueprint, template, workbook, reading/art companion, whatever you need it to be. Please contemplate it tenderly and with love and if possible a little bit of levity and humor. Living in this world is hard and those of us that hold death close to our hearts are gifts to those around us, especially when it's hard to remember



# ideations

## SOMETIMES...

Thinking About  
Dying feels

~~Thinking~~

COMFORTING

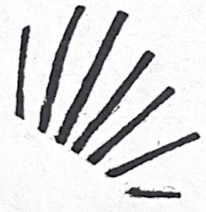
Like a nice  
warm  
blanket  
ss



[CAN FEEL MYSELF  
DETACHING  
FROM  
THE WORLD]

ANGRY!

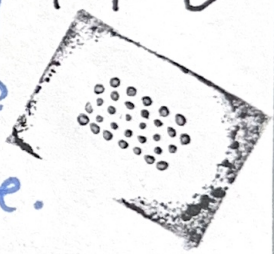
SELF  
Righteous



SNEAK

Like saying  
the worst  
things about myself  
in the voices of the  
people I love.

INVASIVE



what triggers my ideations?

Do I have people to talk to when I'm ideating?



# Suicidality is A spectrum

## ACTIVE



I am actively planing/trying to end my life  
\*sometimes I may still want to live but I am  
having internal conflicts bc of trauma or triggers

Sometimes  
I feel like a  
Scorpion repelled  
by life and  
revolving.

Myth: scorpions kill themselves by stinging  
their head when surrounded by fire 🔥

Truth: scorpions cannot regulate their temperature  
and dehydrate causing spasms that look like stinging  
\*This is a reaction to it's environment\*

## 100% ~~active~~ passive

I don't want to exist/disengaged with life but no plans to die

Sometimes I feel  
like a shark moving  
just to stay alive.



Shark sleeping: Some sharks need to keep  
moving while they sleep in order to breath





# TETHERS



giving up is a reasonable response. AND often when I want to die I still want to live.

## WHAT R' THINGS THAT

## KEEP ME ALIVE?

SPITE

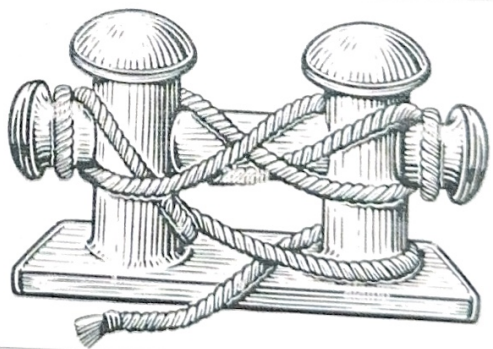
LOVE

PURPOSE

PEOPLE

How can  
engage with life?

WHAT OR  
WHO MAKES  
THIS EASIER?



WHAT FEELS  
GOOD FOR  
MY NERVOUS  
SYSTEM??





# MY TIMELINE

© what needs to change so I can extend my time ~~here~~ here? ©

AM I  
READY TO DIE  
OR  
IS LIFE TO HARD?

opressive  
systems &  
structures make it hard  
to live

THIS IS NOT  
MY FAULT, giving up IS  
A reasonable response

♡ ☆ **AND** ☆ ♡

I can shift my circumstances w/  
slow everyday actions and help.

WHAT NEEDS

TO ~~DIE~~

SO

I CAN

LIVE

?



To live this long under these conditions is to love myself.



# unfinished business



CAN I BE  
KEPT YOU?

Suicide is impactful-  
How can I cause the  
least amount of Harm  
when I die? How do I leave  
a legacy of love?\*

## WHAT IS MY EPITAPH?

HERE  
LIES

ASK ME (or my  
Resources) ABOUT Advance  
Directives  
Living Wills

\* These are things that stress me out alot when I am  
actively suicidal - A suggestion: Look at these / Do this work  
when regulated and passive



L I O N G , T E R M

Self  
care

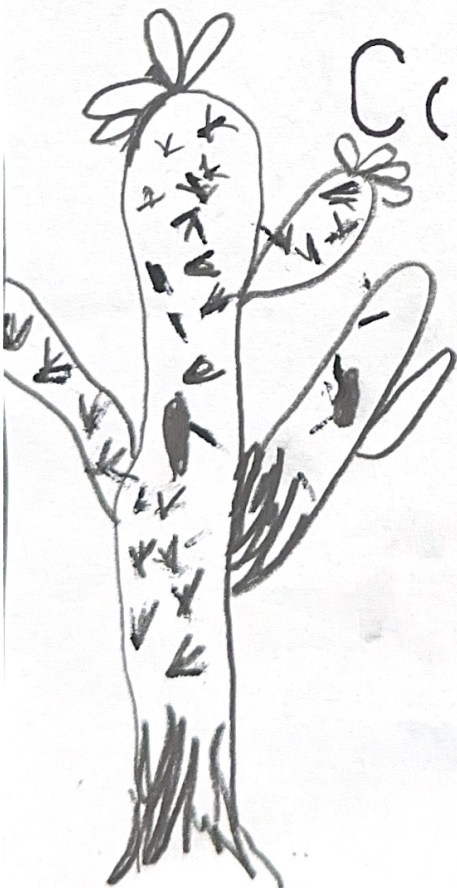


@TM

(at the moment)

What does the PRESENT <sup>100K</sup> like! &  
WHO Do I want to be?.

Community  
care






# MY SAFETY PLAN


THIS ZINE IS MEANT TO BE  
SHARED W/ THOSE FEW WE  
TRUST WITH OUR HEARTS &  
WHO?

IT CAN BE MANY OR FEW  
AND ONE IS ENOUGH



## NON-VERBAL FRIENDS

 Sometimes we need  
A safe word, emoji or touch cue  
that lets people know we are  
not okay.

What do I need & Where  
  
(if anywhere)  
Am I Going?





1. Find  
MEANING in  
Your life.

2. Heal your relationships —  
Feel clear within.

3. Find meaning in suffering.

4. Build a personal relationship with  
Death.

5. Make ~~preparations~~ preparations for Death.

As suicidal people this urgency looks different.  
Sense of meaning can be hard BUT  
the small loving actions really count



Notes AND Doodles \*





# Resources

Siren And Deathling: [sirenanddeathling.gay](http://sirenanddeathling.gay)

Oumou: [linktr.ee/ConnectWithOumou](http://linktr.ee/ConnectWithOumou)

Mx. Yaffa: [linktr.ee/mxyaffa](http://linktr.ee/mxyaffa)

Going With Grace: [linktr.ee/goingwithgrace](http://linktr.ee/goingwithgrace)

Peace Out Loud: [peaceoutloud.org](http://peaceoutloud.org)

Death Project Manager: [linktr.ee/deathprojectmanager](http://linktr.ee/deathprojectmanager)

A Sacred Passing: [linktr.ee/asacredpassing](http://linktr.ee/asacredpassing)

Floripondio End of Life Care: [floripondioendoflife.com](http://floripondioendoflife.com)





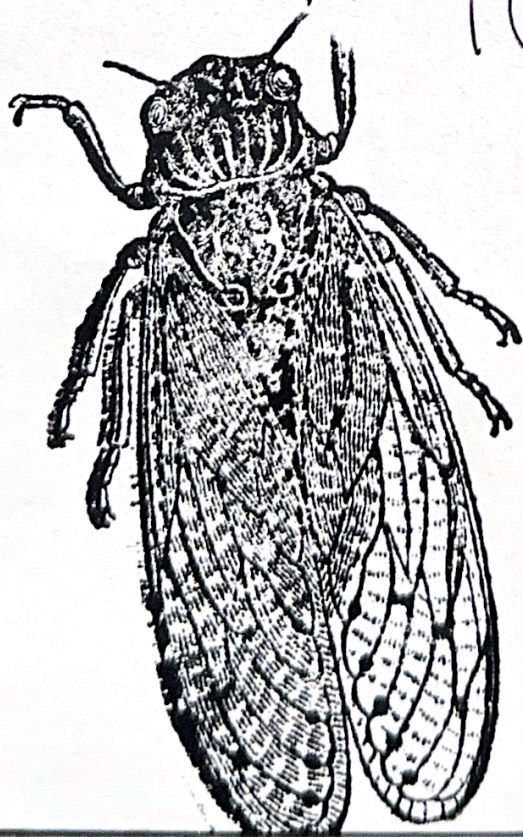


Be gentle with yourself

You are a gift.

Thank you for living

this long.



In deviance,  
devotion and  
death



Caro  
Sweetest Deathly