

FOREFRONT SUICIDE PREVENTION LEARN® SAVES LIVES

YOU CAN DO THIS! HELP PREVENT A SUICIDE.

L

LOOK FOR SIGNS

- Talking, joking about death; researching ways to die.
- Hopelessness, depression, anxiety, significant loss or shame; sleep or appetite issues.
- Isolation, withdrawing from friends & favorite activities; decreased work performance.
- Increasing use of alcohol or substances; chronic pain; family history of suicide.



E

EMPATHIZE & LISTEN

- Offer compassion, not advice. Avoid judgment and accept their feelings.
- Summarize what you heard: *"So, you're feeling...(alone, hopeless). This sounds overwhelming."*
- Acknowledge their suffering, *"I can see you're in a lot of pain. Thank you for telling me."*
- **Just listen.** Those who are really struggling say this helped them the most.



A

ASK DIRECTLY

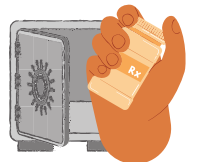
- Asking about suicide will NOT plant the idea in someone's mind.
- If you see multiple troubling signs, ask directly about suicide.
- Ask calmly, in a straightforward way: *"Are you thinking about suicide?"*
- *"Sometimes when people feel...(alone, hopeless), they are thinking about suicide. Are you thinking about suicide?"* OR *"Are you thinking about killing yourself?"*



R

REDUCE THE DANGERS

- If they say yes, ask *"Do you have a plan?"*
If they say yes, ask *"Do you have a way to carry out your plan?"*
- Putting time & distance between someone at risk for suicide & lethal means can save a life.
- Remove or lock up firearms and medications. In crisis, lock up belts, ropes, knives, chemicals.
- Report concerning posts on social media. [Support on Social Media](https://suicidepreventionlifeline.org/help-someone-else/safety-and-support-on-social-media/) can be found at suicidepreventionlifeline.org/help-someone-else/safety-and-support-on-social-media/



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NEXT STEPS

- Together, contact 988, the Suicide & Crisis Lifeline by dialing or texting 988.
- Don't leave a person in crisis alone; stay with them as long as it is safe for you.
- You can also call a faith leader, elder, trusted friend or family member. Remember, some community members aren't comfortable calling 911. Call 911 only in emergency or as last resort.



988 SUICIDE & CRISIS
LIFELINE

[988](https://suicidepreventionlifeline.org/) automatically routes to your local crisis line
988 + #1 goes to the [Veteran and Military Crisis Line](#)
988 + #2 is for those who speak Spanish
988 + #3 is for LGBTQ+ youth via [The Trevor Project](#)
988 + #4 is [Native and Strong](#), serving American Indians and Alaska Native Communities.

intheforeground.org/LEARN