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.

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.

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?”

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 can be found at suicidepreventionlifeline.org/help-someone-else/safety-and-support-on-social-media/

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 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.

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