# **LEARN® SAVES LIVES - SUICIDE PREVENTION TIPS** YOU **CAN** DO THIS! HELP PREVENT A SUICIDE.

## 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. Accept their perception as their reality.
- 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?"

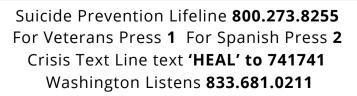


### REMOVE THE DANGERS

- If they say yes, ask "Do you have a plan?" "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, call the National Suicide Prevention Lifeline or other resources below.
- If they don't agree to stay safe, stay with them as long as it is safe for you.
- Some community members aren't comfortable calling 911. You can call a faith leader, elder, trusted friend or family member. Call 911 only in emergency or as last resort.



Recovery Helpline **866.789.1511** Trans Lifeline 877.565.8860 Trevor Project - LGBTQ 866.488.7386 or text 'START' to 678678



