

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](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/



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.



Suicide Prevention Lifeline **800.273.8255**
For Veterans Press **1** For Spanish Press **2**
Crisis Text Line text **‘HEAL’ to 741741**
Washington Listens **833.681.0211**

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

intheforefront.org/LEARN