

LEARN® SAVES LIVES

Many suicides are preventable.
You can do something.



W FOREFRONT
SUICIDE PREVENTION

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**L****LOOK FOR SIGNS**

- Hopelessness, depression, anxiety
- Feeling like a burden to others
- Social withdrawal, isolation
- Sleep problems
- Alcohol or drug abuse
- Loss, rejection or humiliation
- Giving away possessions
- Talking about death

E**EMPATHIZE AND LISTEN**

- Remain calm and offer compassion
- Avoid judgement or advice
- When in doubt, just listen
- *"This must be so hard for you."*

A**ASK DIRECTLY ABOUT SUICIDE**

- Asking won't put the idea in their mind, instead, it shows you care
- Asking offers them a chance to share their pain
- *"Sometimes when people feel hopeless, they are thinking about suicide. Are you thinking about suicide?"*

R**REMOVE THE DANGER**

- Lock up and limit access to medications and firearms.

NEXT LEVEL OF CARE:

- Call **800-273-8255**, the Suicide Prevention Lifeline 24/7
- Crisis Text Line: Text **HEAL** to **741741**
- Immediate danger? Call 911 and stay with the person

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