

Suicide Prevention

Friends and family are often the first to recognize the warning signs of suicide and can take the first steps toward helping an at-risk individual find help.

If you think someone you know may be suicidal, learn how to take immediate and effective action.

#BeThe1To is the National Suicide Prevention Lifeline's message to spread the word about actions we can all take to prevent suicide.

There are 5 action steps you can take to **#BeThe1To** communicate with someone who may be suicidal.

1 ASK: "Are you thinking about killing yourself?" Asking in a direct, nonjudgmental manner will encourage open communication and allow you to see what actions need to be taken next. Do not ever promise to keep what they have told you a secret.

2 BE THERE: Show support in whatever way you can – whether being physically present or staying on the phone. Listen carefully and learn what the individual is thinking and feeling.

3 KEEP THEM SAFE: Find out if they have already tried to kill themselves or if they have a detailed plan for doing so, including timing and method. Put time and distance between the person and their chosen method, such as medications or firearms.

4 HELP THEM CONNECT: Helping someone with thoughts of suicide connect with ongoing supports can help them establish a safety net for times of crisis. For immediate help, connect them with a trained crisis counselor, such as the Suicide Prevention Lifeline. You can also help make a connection with a trusted individual like a family member, friend, spiritual advisor or mental health professional.

5 FOLLOW UP: Make sure to follow up with them to see how they're doing. Staying in touch after a crisis or after being discharged from care can make a big difference.



If you need help for yourself or someone else, the Suicide Prevention Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals at 1-800-273-8255 or suicidepreventionlifeline.org.

