

Suicide Prevention



Is Everyone's
Responsibility

Don't Be Afraid to Ask the
Hard Question:

“Are You Thinking
About Suicide?”

988
Suicide and
Crisis Lifeline

Be Aware of the Warning Signs

Talk: Talking (or writing) about wanting to die/kill oneself, “I wish I were dead”; Expressing hopelessness, pain and feeling like a burden; “Others are better off without me.”

Behavior: Looking for ways to kill oneself; Sending goodbye messages; Giving away valued possessions; Putting affairs in order; Reckless misuse of alcohol, drugs, or weapons.

Take Action to Get Help

High Risk: If the person is at high risk and has already harmed himself or herself, call 911. Do not negotiate with someone who has a gun and get to safety.

Conversation: If the person is not in imminent danger, start a conversation to help them share their concerns, and find out how you might help them. Show care and let them know they are not alone. Call the Suicide Crisis and Lifeline at 988.

