SUICIDE PREVENTION AWARENESS

Notice. Ask. Listen. Connect.

A short guide for supporting someone who may be in emotional or suicide crisis.

IMMEDIATE PHYSICAL DANGER Call 911	EMOTIONAL OR SUICIDE CRISIS Call or text 988

Possible warning signs

- Talking about wanting to die, feeling hopeless, trapped, or like a burden.
- Withdrawing, major mood or behavior changes, giving belongings away, or saying goodbye.
- Increasing substance use or concerning risk-taking.

Warning signs vary. Their absence does not guarantee safety.

Four steps that help

1	**ASK** Ask calmly and directly whether they are thinking about suicide. Asking does not put the idea in someone's head.
2	**LISTEN** Stay calm. Listen without judgment. Take what they say seriously.
3	**CONNECT** Help them call or text 988 or reach a qualified mental-health professional.
4	**STAY** For immediate danger, call 911 and stay with the person if it is safe for you to do so.

Self-harm may happen with or without suicidal intent and always deserves compassionate attention.

Veterans Crisis Line: call 988, then press 1, or text 838255.

Sources: 988lifeline.org/learn/warning-signs and 988lifeline.org/help-someone-else