

Help Prevent Suicide - LEARN® SAVES LIVES

Most people can relate to a time when they felt alone. We may have just needed a reminder. *I see you. I care.* To help those in crisis and considering suicide, we recommend using LEARN®. We need everyone to play a role in suicide prevention. Most suicides are preventable. Together, we can save lives. To learn more, go to www.intheforefront.org.

LOOK FOR SIGNS

- Talking, joking or researching ways to die.
- Feeling hopeless, depressed, trapped, burdensome, anxious, ashamed, or humiliated.
- Changes in personality, academic/work performance, sleep, withdrawing from friends/activities.
- Increasing use of alcohol/drugs, reckless behavior, self-harm/cutting, giving away possessions.

EMPATHIZE AND LISTEN

- People who have survived suicide attempts report what was most helpful to them—**just listen.**
- Listen with compassion, remain calm, avoid judgement and validate their feelings.
- Don't offer quick fixes, tell them everything will be OK, show anger, panic, or ask "why" questions.
- Let them know that you care about them.

ASK ABOUT SUICIDE







- Ask in a way that invites an honest response. Use any signs you've noticed as part of "the ask."
- Be direct. Use the word "suicide" and be prepared to hear a "yes."
- Asking about suicide will NOT put the idea in someone's head.
"Sometimes when people feel hopeless they are thinking about suicide. Are you thinking about suicide?"

REMOVE THE DANGER

- If they say yes, ask them *"Do you have a plan?" "Do you have access to those means?"*
- Putting time and distance between a person at risk for suicide and lethal means can save lives.
- Remove or limit access to firearms, medications, belts, ropes, knives, alcohol and chemicals.
- Report concerning posts on social media.

NEXT STEPS

- Ideally with the person at risk, call the National Suicide Prevention Lifeline (see number below).
- If the person will not agree to stay safe, do not leave them alone. **CALL 911.**

 SUICIDE LIFELINE - 24/7 1.800.273.8255 (TALK) Veterans, press 1	 CRISIS TEXTLINE Text 741741 then hit 'Send'	 SAFER HOMES, SUICIDE AWARE Take steps today to lock and limit access to all medications and firearms. saferhomescoalition.org
 TRANS LIFELINE 1.877.565.8860	 TREVOR PROJECT - LGBTQ 1.866.488.7386	 ADDICTION RECOVERY HELPLINE 1.866.789-1511