



Come Together for Suicide Prevention

- Learn the warning signs of someone who is considering suicide.
- If you have concerns, don't be afraid to ask someone if they are suicidal.
- Know the risk factors that may lead to suicidal tendencies and thoughts.
- Remove the stigma. It's ok to talk about suicide and mental health.
- Empower yourself and those around you with the tools, resources, and knowledge to address suicide and help those in need.
- Don't be afraid to seek help. **You DO NOT have to be suicidal to call the Lifeline** (1-800-273-8255). This resource is used to discuss substance abuse, loneliness, fear, illness, relationships, and other issues that are impact mental wellness.
- Check-in even when you feel good. Seeking professional help even during good times ensures you maintaining consistent, good mental health.



5 Action Steps for Helping Someone in Emotional Pain

 <p>ASK</p> <p>"Are you thinking about killing yourself?"</p>	 <p>KEEP THEM SAFE</p> <p>Reduce access to lethal items or places.</p>	 <p>BE THERE</p> <p>Listen carefully and acknowledge their feelings.</p>	 <p>HELP THEM CONNECT</p> <p>Save the National Suicide Prevention Lifeline number 1-800-273-8255.</p>	 <p>STAY CONNECTED</p> <p>Follow up and stay in touch after a crisis.</p>
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For more information on suicide prevention: www.nimh.nih.gov/suicideprevention




To learn more about suicide prevention efforts visit the Suicide Prevention Lifeline website at: <https://suicidepreventionlifeline.org/>