

5

Action Steps to Help Someone Having Thoughts of Suicide



ASK

"Are you thinking about killing yourself?"



BE THERE

Listen without judgment and acknowledge their feelings.



HELP KEEP THEM SAFE

Reduce their access to lethal items or places.



HELP THEM CONNECT

Call or text the 988 Suicide & Crisis Lifeline (988).



FOLLOW UP

Stay in touch to see how they're doing.



National Institute
of Mental Health

nimh.nih.gov/suicideprevention

Help Committing Suicide Guide

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