

If you think someone is thinking about suicide—assume you are the only one who will reach out.

1. Talk to them in private.
2. Listen to their story.
3. Tell them you care about them.
4. Ask if they are thinking about suicide.
5. Encourage them to seek treatment or to contact their doctor or therapist.



AMERICAN FOUNDATION FOR
Suicide Prevention

afsp.org

LIFESAVERS MANUAL



AMERICAN FOUNDATION FOR
Suicide Prevention

If someone you know is thinking about taking their life, take it seriously. Suicidal thoughts can be a life-threatening health condition. Let them know their life matters to you. Help them create a safe environment by offering to remove lethal means. Help them find treatment.

AVOID

Debating the value of life.

AVOID

Advice to fix it.

AVOID

Minimizing their problems.

RESOURCES



Find a behavioral health provider

findtreatment.samhsa.gov
mentalhealthamerica.net/finding-help



Visit

Psychiatric Hospital
Walk-in Clinic
Emergency Department
Urgent Care Center



Call 911 for emergencies



National Suicide Prevention Lifeline

1-800-273-TALK (8255)



Crisis Text Line

741-741



CrisisChat.org