



Worried about someone?

TAKE IT SERIOUSLY

If you're concerned someone might be thinking about suicide, get professional help. It's never too soon.

TALK PRIVATELY

"Can we go for a walk?"

LISTEN & VALIDATE

"That sounds really difficult. I'm sorry you're going through this."

ASK DIRECTLY

"Are you thinking about suicide?"
Stay calm if they say "yes."

GET SUPPORT

"I'm here for you and I think we need a trained crisis response professional. Let's call 988."

STAY WITH THEM

"I can stay with you while you call or I can call 988 for you."

CHECK IN

"Thinking about you. How're you feeling today?"

AVOID

SHAME, BLAME, GUILT, JUDGEMENT, DISMISSAL

"It can't be that bad."

"Think how that would hurt your family."

Call or Text 988 for Help Now

Get help for yourself or someone you care about.
Call or text 988 for free & confidential support, available 24/7.

SUICIDE PREVENTION



If you are struggling:

GET SUPPORT

Trained professionals are available to help you 24/7, even if you aren't in crisis.
Call or text 988 now.

NOT SURE WHAT TO SAY?

*"I'm struggling and I think I need help."
"This is really hard for me to say, but I'm having suicidal thoughts and need to talk to someone."
"I feel really alone. I don't want to die, but I don't know how to live."*

WHAT HAPPENS NEXT?

Your call is routed to a trained crisis counselor near you. The counselor will listen and provide any needed support or resources.

WHO FINDS OUT?

Calling or texting is private and confidential. 98% of callers receive the support they need at the time from the 988 crisis counselor. The chance that you will need an immediate emergency responder is less than 2%.

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