Have an honest conversation. If you're worried about someone, assume you are the only one who will reach out.

- Talk to them in private, and tell them you care
- Listen to their story
- Avoid debating the value of life, minimizing their problems or giving advice
- It's ok to ask directly about suicide
- Encourage them to seek help or to contact their doctor or therapist

afsp.org



What leads to suicide?

There's no single cause. Suicide most often occurs when stressors and health issues converge to create an experience of hopelessness and despair. Depression is the most common condition associated with suicide, and it is often undiagnosed or untreated. Most people who actively manage their mental health conditions go on to engage in life.



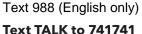
Visit



Your Primary Care Provider Mental Health Professional **Emergency Department** Urgent Care Clinic



988 Suicide & Crisis Lifeline **Dial 988** (Press 1 for Veterans, press 2 for Spanish)



Text with a trained counselor from the

Crisis Text Line for free, 24/7

Call 911 for Emergencies