

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



**American
Foundation
for Suicide
Prevention**

Lifesavers Guide



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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.

Resources



Visit

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



Find a Mental Health Provider

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



988 Suicide & Crisis Lifeline

Dial 988
(Press 1 for Veterans, press 2 for Spanish)



Text 988 (English only)

Text TALK to 741741

Text with a trained counselor from the Crisis Text Line for free, 24/7



Call 911 for Emergencies