

## 5 ACTION STEPS FOR HELPING SOMEONE IN EMOTIONAL PAIN

**Ask: “Are you thinking about killing yourself?”** It’s not an easy question but studies show that asking at-risk people if they are suicidal *does not increase suicides or suicidal thoughts*.

**Keep them safe:** Reducing a suicidal person’s *access to highly lethal items or places* is an important part of suicide prevention. While this is not always easy, asking if the at-risk person has a plan and removing or disabling the lethal means can make a difference.

**Be there:** Listen carefully and learn what the individual is thinking and feeling. Findings suggest *acknowledging and talking about suicide may in fact reduce rather than increase suicidal thoughts*.

**Help them connect:** Save the National Suicide Prevention Lifeline’s number in your phone so it’s there when you need it: 1-800-8255 (TALK). You can also help make a connection with a trusted individual like a family member, friend, spiritual advisor, or mental health professional.

**Stay Connected:** Staying in touch after a crisis or after being discharged from care can make a difference. Studies have shown the number of *suicide deaths goes down when someone follows up* with the at-risk person.