

Process of Help

Provide a Safe Place to Listen, Tune in

- Pay attention and notice what you hear, sense, feel, see, or learn. Ask about problems. Understand the reasons the person is distressed.

Stay Calm

- Stay calm and give the person your undivided attention.

Ask

- Ask if the person is thinking of suicide.

It's Serious

- Take threats seriously. State that any suicidal thoughts are serious.

Get Help-- Connect

- Connect the person to a trained helper; 911 Help; Call National Suicide Prevention Lifeline while you are with the person, 1 800 273 TALK (8255). Ask if you can store that number in the person's phone.

Stay

- **Do not leave the person alone**. Either accompany the person to the hospital or clinician or arrange someone to go with them.

Communicate