

September is Suicide Prevention Awareness Month

Creating hope through action



If you suspect someone is thinking about suicide, be the one to take action and have an honest conversation.

- 1 Talk to them in a private, safe place.
- 2 Listen to their story and let them know you care.
- 3 Ask them if they are thinking about suicide.
- 4 Encourage them to seek treatment or contact their doctor or a mental health professional.
- 5 Avoid debating the value of life, minimizing their problems or giving advice.
- 6 Take the person seriously. Remove lethal means and stay with them. Contact the Suicide and Crisis Lifeline by calling or texting 988, or by chatting at 988Lifeline.org.

Let them know their life matters to you. Be the one to save a life.

Visit your member website for more information.