FOREFRONT SUICIDE PREVENTION LEARN® SAVES LIVES

LEARN these steps to help someone thinking about suicide.

L — Look for signs



Warning signs can include thoughts/feelings, behaviors, and experiences. They can be different for different people, so it's best to follow the LEARN steps when you see:

- a change in someone's usual personality, outlook on life; sleep issues, withdrawing from friends/activities.
- increased feelings of hopelessness, anger, depression, shame; or an increase in behaviors like substance use, risk taking, self-harm.
- warning signs appear related to a painful event, loss, or change.

E — Empathize and listen



- Just listen. Those who have struggled say this helped them the most.
- Offer compassion, not advice. Avoid judgment and accept their feelings.
- Validate their suffering, "I can see you're in a lot of pain. Thank you for telling me."
- Summarize what you heard: "So, you're feeling...(alone, hopeless). This sounds overwhelming."

A — Ask about suicide



- Asking about suicide will NOT plant the idea in someone's mind.
- Ask calmly, in a straightforward way: "Are you thinking about suicide?" or, "Are you thinking about killing yourself?"
- Another way to ask is: "Sometimes when people feel...(alone, hopeless), they are thinking about suicide. Are you thinking about suicide?"

R — Reduce the danger



- If they say yes, ask "Do you have a plan?"; if they have a plan, ask: "Do you have a way to carry out your plan?"
- Remove or lock up firearms and medications. In crisis, lock up belts, ropes, knives, chemicals. Report concerning social media posts.
- Remember: putting time and distance between someone thinking about suicide and the means they may use to end their life can help prevent suicide.

N — Next steps



- Together, call the National Suicide and Crisis Lifeline (call, text or chat 988) or other resources below. You can also call a faith leader, elder, friend, or family member.
- Stay with the person in crisis if it is safe for you to do so.
- If someone is in imminent danger, calling 911 may be necessary.

Suicide and Crisis Lifeline: 988

- Press 1: Veteran services
- Press 2: Spanish services
- Press 3: The Trevor Project
- Press 4: Native & Strong (WA)

- Crisis Text Line: Text "HEAL" to 741741
- Trans Lifeline: 1-877-565-8860
- The Trevor Project: 1-866-488-7386