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.
- Listen with compassion. Show them you care by giving your full attention.
- Acknowledge their pain and accept their feelings so they don't feel judged.
- Repeat back what they tell you, then say, "You're dealing with a lot. I'm here and I want to help."

A — Ask about suicide



- Asking about suicide will NOT plant the idea in someone's mind.
- Ask in a way that invites an honest answer. Mention any warning signs you've noticed.
- Be calm, courageous and direct. Say the word "suicide." Be prepared to hear a "yes."
- For example: "Sometimes when people feel hopeless and alone, they are thinking about suicide. Are you thinking about suicide? Or...are you thinking about killing yourself?"

R — Reduce the danger



- Never hold suicide risk alone! Ask for support from trusted adults if you're concerned about someone's mental health or safety.
- Parents/caregivers, teachers, counselors, coaches, elders, spiritual leaders can help.
- Let trusted adults know about access to lethal means; i.e., alcohol, firearms, drugs, medicines, and report concerning social media posts.

N — Next steps



- Always ask a trusted adult to help. Be prepared to give them critical information.
- If an adult is not available, help connect this person to 24-hr crisis resources like 988. Then involve an adult as soon as possible.
- If someone is in imminent danger, calling 911 may be necessary.
- It's OK to reach out to 988 or other resources when there isn't a crisis just so you know how they work.

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
- Teen Link: 1-866-833-6546

6-10pm/7days a week - a helpline for teens by teens