





# SUICIDE PREVENTION SAFETY PLAN

**L**ook around - for someone nearby. If you are alone, look for your phone and either dial 1-800-273-8255(TALK)  or text CNQR to 741741 to reach 



**I**nitiate dialogue - "I am NOT OK, and I need your help."



**F**ind a safe spot - **STAY** there, and tell the person with whom you connected **EXACTLY** where they can find you.



**E**xplain - what is happening and the urgency. "I'm having intense suicidal thoughts and I need you to come here **NOW** and help me."



**Scan to find the L.I.F.E. Saver video that goes along with this poster.**

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THE GLOBAL MENTAL HEALTH MOVEMENT

