

# FOREFRONT SUICIDE PREVENTION LEARN® SAVES LIVES

## YOU CAN DO THIS! HELP PREVENT A SUICIDE.

# L

### LOOK FOR SIGNS

- Talking, joking about death; researching ways to die.
- Hopelessness, depression, anxiety, significant loss or shame; sleep or appetite issues.
- Isolation, withdrawing from friends & favorite activities; decreased work performance.
- Increasing use of alcohol or substances; chronic pain; family history of suicide.



# E

### EMPATHIZE & LISTEN

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



# A

### ASK DIRECTLY

- Asking about suicide will NOT plant the idea in someone's mind.
- If you see multiple troubling signs, ask directly about suicide.
- Ask calmly, in a straightforward way: *"Are you thinking about suicide?"*
- *"Sometimes when people feel...(alone, hopeless), they are thinking about suicide. Are you thinking about suicide?"* OR *"Are you thinking about killing yourself?"*



# R

### REDUCE THE DANGERS

- If they say yes, ask *"Do you have a plan?"*  
If they say yes, ask *"Do you have a way to carry out your plan?"*
- Putting time & distance between someone at risk for suicide & lethal means can save a life.
- Remove or lock up firearms and medications. In crisis, lock up belts, ropes, knives, chemicals.
- Report concerning posts on social media. [Support on Social Media](https://suicidepreventionlifeline.org/help-someone-else/safety-and-support-on-social-media/) can be found at [suicidepreventionlifeline.org/help-someone-else/safety-and-support-on-social-media/](https://suicidepreventionlifeline.org/help-someone-else/safety-and-support-on-social-media/)



# N

### NEXT STEPS

- Together, contact 988, the Suicide & Crisis Lifeline by dialing or texting 988.
- Don't leave a person in crisis alone; stay with them as long as it is safe for you.
- You can also call a faith leader, elder, trusted friend or family member. Remember, some community members aren't comfortable calling 911. Call 911 only in emergency or as last resort.



**988** SUICIDE & CRISIS  
LIFELINE

[988](https://suicidepreventionlifeline.org/) automatically routes to your local crisis line  
988 + #1 goes to the [Veteran and Military Crisis Line](#)  
988 + #2 is for those who speak Spanish  
988 + #3 is for LGBTQ+ youth via [The Trevor Project](#)  
988 + #4 is [Native and Strong](#), serving American Indians and Alaska Native Communities.

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# FOREFRONT SUICIDE PREVENTION LEARN® SAVES LIVES FOR TEENS

USING THESE STEPS AND YOUR VOICE CAN TRULY HELP CHANGE LIVES. WE CAN ALL DO THIS!

## L

### LOOK FOR SIGNS



- Researching ways to die; talking/joking about death—these signs are often ignored.
- Feeling hopeless, angry, depressed, ashamed, or like a burden to others.
- Changes in personality, outlook on life; sleep issues, withdrawing from friends/activities.
- Alcohol/other drug use, reckless behavior, self-harm/cutting, giving away possessions.

## E

### EMPATHIZE & LISTEN



- 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, *"I'm really sorry you're going through this."*
- **Just listen.** Those who are really struggling say this helped them the most.



## A

### ASK DIRECTLY

- Experts agree. Asking about suicide will NOT plant the idea in someone's mind, so...
- Ask in a way that invites an honest answer. Mention any signs you've noticed.
- Be calm, courageous and direct. Say the word "suicide." Be prepared to hear a "yes." *i.e., "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 DANGERS

- Turn to trusted adults if you're concerned about someone—**never** keep this a secret.
- Regret is real. Better to have an angry friend who is safer because you told an adult.
- 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.
- Report concerning posts on social media. [Support on Social Media—Lifeline](#).

## 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 by calling 988.
- It's OK to call 988 to ask questions or just try out these resources so you know how they work.
- Share these resources with your friends!



Teen Link (6-10 pm) - **866.833.6546**  
Crisis Text Line text 'HEAL' to **741741**  
Addiction Helpline - **866.789.1511**  
Trans Lifeline - **877.565.8860**  
Trevor Project - **866.488.7386** or text 'START' to **678678**

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# FOREFRONT SUICIDE PREVENTION LEARN® SAVES LIVES FOR TEENS

USANDO ESTOS PASOS Y CON SU VOZ REALMENTE SE PUEDE AYUDAR A CAMBIAR VIDAS.  
¡TODOS PODEMOS HACERLO!

## L BUSQUE LAS SEÑALES

- Investigar formas de morir; hablar/bromear sobre la muerte: estas señales a menudo se ignoran.
- Sentirse desesperanzado, enojado, deprimido, avergonzado o como una carga para los demás.
- Cambios en la personalidad, en la visión de la vida; problemas para dormir, apartarse de los amigos/actividades.
- Consumo de alcohol/otras drogas, comportamiento imprudente, autolesión/cortaduras, regalar posesiones.



## E EMPATICE Y ESCUCHE

- Escuche con compasión. Muéstreles que se preocupa prestándoles toda su atención.
- Reconozca su dolor y acepte sus sentimientos para que no se sientan juzgados.
- Repita lo que te digan y luego diga: "*Siento mucho que estés pasando por esto*".
- **Escuche atentamente.** Aquellos que realmente han luchado dicen que esto les ayudó más.



## A PREGUNTE DIRECTAMENTE

- Los expertos están de acuerdo. Preguntar sobre el suicidio NO plantará la idea en la mente de una persona, así que...
- Pregunte de una manera que invite a una respuesta honesta. Mencione cualquier señal que haya notado.
- Esté tranquilo, sea valiente y directo. Diga la palabra "suicidio". Esté preparado para escuchar un "sí".  
*Es decir, "A veces, cuando las personas se sienten desesperadas y solas, piensan en el suicidio."*

## R ELIMINE LOS PELIGROS

- Acuda a los adultos de confianza si está preocupado por alguien; **nunca** mantenga esto en secreto.
- El arrepentimiento existe. Es mejor tener un amigo enojado que esté más seguro porque usted se lo dijo a un adulto.
- Los padres/cuidadores, los docentes, los orientadores, los entrenadores, los ancianos y los líderes espirituales pueden ayudar.
- Informar a los adultos de confianza sobre el acceso a los medios letales; es decir, alcohol, armas de fuego, drogas, medicamentos.
- Informe sobre publicaciones relacionadas en redes sociales. Asistencia en las redes sociales: Lifeline.



## N PRÓXIMOS PASOS

- Siempre pida ayuda a un adulto de confianza. Esté preparado para brindarles información crítica.
- Si no hay un adulto disponible, ayude a comunicar a esta persona con recursos para crisis las 24 horas.
- Algunas personas no se sienten seguras llamando al 911, así que mantenga estos recursos cerca. Comparta con sus amigos.
- Está bien hacer preguntas o sencillamente probar estos recursos para saber cómo funcionan.



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