

For more information, visit [lockandtalk.org](http://lockandtalk.org)

to remove access to lethal  
means and prevent suicide.

**L.O.C.K. and T.A.L.K.**



**L.O.C.K.** highlights essential steps to increase awareness of suicide warning signs and promoting safety.

**T.A.L.K.** identifies several important steps in supporting someone during a mental health or suicide crisis.



Scan for more information  
and resources.

For immediate help,  
contact the **988  
Suicide & Crisis  
Lifeline** by dialing or  
texting 988.

**Call 911** for immediate  
medical emergencies.

# L.O.C.K.

## A Path to Safety.

Provide support and remove access to lethal means.



### **L:** Look for warning signs

Warning signs of someone who may be at risk include changes in behavior, withdrawal from activities, giving away possessions, or expressing feelings of hopelessness.



### **O:** Offer support

Offer space to talk, listen to how they are feeling, and show genuine empathy. Tell them they are not alone and people care about their well-being.



### **C:** Communicate concerns

Express your concerns. Ask directly about thoughts of suicide and encourage them to seek professional help.



### **K:** Keep safe from lethal means

Remove access to lethal means by safely storing or removing firearms, medications, or dangerous objects.

# T.A.L.K.

can effectively help **prevent suicide.**

## **T**ake it Seriously:

Thoughts of suicide seriously shouldn't be dismissed or ignored. Recognize warning signs and seek help promptly.

## **A**sk Directly:

Ask: "Are you thinking about suicide?"

## **L**isten Non-judgmentally:

Create a safe space where individuals can share their feelings and experiences openly, knowing that they will be heard and supported.

## **K**eep Talking:

Say: "I understand you're struggling. Let's keep talking and connect with ongoing supports."

