

# 5

## Action Steps to Help Someone Having Thoughts of Suicide



### ASK

"Are you thinking about killing yourself?"



### BE THERE

Listen without judgment and acknowledge their feelings.



### HELP KEEP THEM SAFE

Reduce their access to lethal items or places.



### HELP THEM CONNECT

Call or text the 988 Suicide & Crisis Lifeline (988).



### FOLLOW UP

Stay in touch to see how they're doing.



National Institute  
of Mental Health

[nimh.nih.gov/suicideprevention](https://nimh.nih.gov/suicideprevention)

# Help Committing Suicide Guide

**M Woodhall**



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