

How Can I Help?

Assess the risk, then observe and listen. Let the person know you are there to help. Ask these direct questions:

- Do you feel like killing yourself now?
- Do you have a plan?
- Do you have the means?

Connect Them to Resources

- Make phone calls, arrange resources, and provide transportation.
- Focus on the main problem.
- Talk about alternatives.
- Develop an action plan.
- Check if your county has an Employee Assistance Program (EAP) that can provide free, confidential help.

If you are seeking immediate help for yourself or someone else, call or text:

The National Suicide Prevention Center

1-800-273-8255 (TALK)

Text CONNECT to 741741 or Call 911