

# Strategies to prevent suicide

Suicide is preventable. When you learn prevention and resilience strategies, you can make a difference.

Here are a few steps you can use to communicate with a family member, friend, co-worker or roommate who may be having suicidal thoughts:

**1 ASK.** Start the conversation by asking questions like, “Are you thinking about suicide?” in a direct, non-judgmental manner. Other questions you can ask include, “How are you hurting?” or “How can I help?”

**2 BE THERE.** Whether or not you can be physically present for someone who is experiencing thoughts of suicide, you can still support them. Speak with them on the phone, video chat or text message to show your support. Simply listening can help the other person feel **heard and cared for**.

**3 KEEP THEM SAFE.** Once you’ve determined suicide is an active concern, work to establish immediate safety. **If you or someone you know is having thoughts of suicide, call the toll-free National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255) or dial or text 988**, 24 hours a day, seven days a week or [visit the website](#). If someone is in immediate need or it is an emergency, dial 911 immediately.

**4 HELP THEM CONNECT.** Connecting the person to ongoing support can help them establish a safety net. Explore resources with them. Are they currently seeing a mental health professional, or is this an option for them? Are there other mental health resources in the community that can effectively help?

**5 FOLLOW UP.** After your initial conversation, continue checking in with the person. Leave messages, send texts or set a time to call them again. This type of contact can continue to increase their feelings of connectedness.

