

## Suicide Prevention



### Overview

Suicide is tragic. It can leave devastated family and friends in its wake. But in many cases, suicide can be prevented. A person who is considering suicide often goes through a period where they struggle to decide if they want to make this choice. If you begin to see warning signs, you can take steps to help save a life.

### Ask

First, ask the person if he or she is considering suicide. "Are you thinking about killing yourself?" This is not an easy question, but it's an important one.

### Keep Them Safe

Second, if a person is suicidal, help keep them safe. For example, remove or disable guns. Keep the person away from pills and other things that can be lethal. Keep them away from places that can pose a danger. Removing the means of suicide can help stop it from happening.

### Be There

Third, be there for the person. Talk with them about their thoughts and feelings. Discuss suicide. Reaching out in this way can be helpful. Talking openly about suicide can make it less likely to happen.

### Find Help

Fourth, help the person connect with someone who can give them proper care. You can call a suicide help line. You can help them reach out to a trusted family member, friend or spiritual advisor. And, you can help them contact a mental health professional.

### Stay Connected

And finally, even after the person gets help, stay in touch. Check on the person to make sure he or she is stable. This can make a difference. It can lower the person's risk. By following these guidelines, you can help prevent suicide.

