

How to Help a Friend in Need

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Here are steps to follow if someone you know is considering harming themselves or committing suicide.



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ASK



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*Ask how they are doing
and what kind of
support they are in need
of.*



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LISTEN

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Listen without judgement. People feel more hopeful when they are supported.



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SAFETY



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Continue to check in on them and remove any lethal items that they may have access to. Follow up with them later.



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CONNECT

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Connect them with a suicide prevention hotline by having them call or text **988**. Ask them to check in with any therapists or psychiatrists.



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