

How to Help a Friend in Need

#WCMPSYCHSUPPORT

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





ASK

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





LISTEN

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



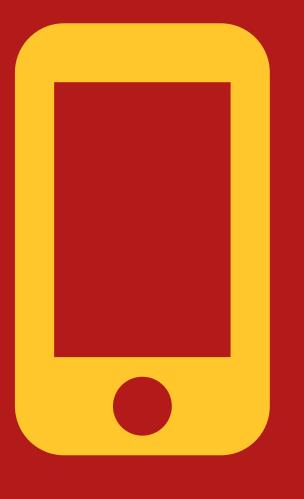
SAFETY



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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.





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 psychitrysts.

