

Suicidal Prevention –NHI

5

Action Steps to Help
Someone Having
Thoughts of Suicide



1. ASK



2. BE THERE



3. HELP KEEP THEM SAFE



4. HELP THEM CONNECT



5. FOLLOW UP

5 steps to help

- **1 ASK:** “Are you thinking about suicide?” It’s not an easy question to ask, but it can help start a conversation. Studies show that asking people if they are suicidal does not increase suicidal behavior or thoughts.
- **2 BE THERE:** Listening without judgment is key to learning what the person’s thoughts and feelings are. Research suggests that talking about suicide may reduce suicidal thoughts.

5 steps to help

- **3 HELP KEEP THEM SAFE:** Reducing access to highly lethal items or places can help prevent suicide. Asking the person if they have a plan and making lethal means less available or less deadly can help the person stay safe when suicidal thoughts arise.
- **4 HELP THEM CONNECT:** Connecting the person with the **988 Suicide help lifeline** (call or text 988) and other community resources can give them a safety net when they need it. You can also call 911 and help them reach out to a trusted family member, friend, spiritual advisor, or mental health professional.

5 steps to help

5 **FOLLOW-UP:** Staying in touch with the person after they have experienced a crisis or been discharged from care can make a difference. Studies show that supportive ongoing contact can play an important role in suicide prevention.



988 Suicide & Crisis Lifeline.