

# **Suicide Prevention:**

**What to do if you are concerned about someone**

**Spread LOVE.**

**L – Listen**

**O – Offer support**

**V – Value them**

**E – Encourage help**

**Save a LIFE.**

**Listen: The most powerful thing we can do is listen without judgement. Ask questions to learn more.**

**Offer Support: Offer to be there whenever they need support. Just knowing someone cares goes a long way.**

**Value Them: Help them know their feelings are normal. Meet them where they are at and understand they are doing the best they can in this moment.**

**Encourage Help: Sometimes professional help is needed. Help decrease stigma by encouraging help-seeking. Offer to go with them or assist in making appointments.**