

Being there for someone and lending an empathetic ear is the biggest gift you can give.

You are not alone in helping them. For more support:

Text Crisis Text Line: LIV to 741741

Call the Suicide and Crisis Lifeline: 988

Want to learn more?
Visit our website:



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The Liv Project is a non-profit organization developing creative tools that encourage fearless conversations to turn the tide of youth suicide.

thelivproject.org

 [@the_liv_project](https://www.instagram.com/the_liv_project)

**I'M WORRIED
ABOUT SOMEONE.**

Ask. Listen. Do.

A Guide to Fearless Conversation

When someone is struggling with their mental health, they can feel very alone. It can be hard to imagine what someone is going through, and challenging to know what to do or say, but all it takes is one person being there and showing they care, to make a difference.

**You can be the difference for someone.
You can: ASK. LISTEN. DO.**





Ask.

*When You Ask,
They Feel Seen.*

- If you sense something is wrong, it probably is.
- When you're afraid to ask, you're telling them what they're going through is so scary, you can't even talk about it.
- Push past "I'm okay," and ask, "What is going on?"
- Ask, "Have you thought about ending your life?"
- Ask, "Are you having thoughts of suicide?"
- Be Fearless to Ask.



Listen.

*When You Listen,
They Feel Less Alone.*

- Listen to understand their emotional experience.
- Tune into what they are saying without judgment.
- You don't have to solve anything, just listen.
- Let them know it's safe to share with you.
- Be Fearless to Listen.



Do.

*When You Take Action,
You Show You Care.*

- Call the Suicide and Crisis Lifeline at 988 to find a compassionate listener.
- Text Crisis Text Line for free, 24/7 confidential support. Text LIV to 741741.
- Stay with the person.
- Remove any lethal means.
- Reassure them they're not a burden.
- Be Fearless to Take Action.