



See Someone Save Someone

Identify signs of suicide in those around you and know the steps to help them get on the road to recovery.

See Someone

Be alert for warning signs like:

- Visibly emotionally distressed or depressed and apathetic
- Making comments about hopelessness, escaping pain, or not being around in the future
- Possessing lethal means like firearms or pills
- Giving away items or money



Save Someone

1. **Talk with them**— start a vulnerable and direct conversation about what they are experiencing
2. **Support them while they share**— listen empathetically and calmly
3. **Determine their risk**— do they have thoughts of suicide and do they plan on acting on them?
4. **Help them get help**— help them reach out to a mental health professional

Call 988 or text "CO" to 741741



If someone is actively trying to harm themselves or others call 911. If you engage, prioritize your own safety.