

FOREFRONT SUICIDE PREVENTION LEARN® SAVES LIVES

LEARN these steps to help someone thinking about suicide.

Look for signs

Warning signs can include thoughts/feelings, behaviors, and experiences. They can be different for different people, so it's best to follow the LEARN steps when you see:

- a change in someone's usual personality, outlook on life; sleep issues, withdrawing from friends/activities.
- increased feelings of hopelessness, anger, depression, shame; or an increase in behaviors like substance use, risk taking, self-harm.
- warning signs appear related to a painful event, loss, or change.



Empathize and listen

- Just listen. Those who have struggled say this helped them the most.
- Offer compassion, not advice. Avoid judgment and accept their feelings.
- Validate their suffering, "I can see you're in a lot of pain. Thank you for telling me."
- Summarize what you heard: "So, you're feeling...(alone, hopeless). This sounds overwhelming."



Ask about suicide

- Asking about suicide will NOT plant the idea in someone's mind.
- Ask calmly, in a straightforward way: "Are you thinking about suicide?" or, "Are you thinking about killing yourself?"
- Another way to ask is: "Sometimes when people feel...(alone, hopeless), they are thinking about suicide. Are you thinking about suicide?"



Reduce the danger

- If they say yes, ask "Do you have a plan?"; if they have a plan, ask: "Do you have a way to carry out your plan?"
- Remove or lock up firearms and medications. In crisis, lock up belts, ropes, knives, chemicals. Report concerning [social media](#) posts.
- Remember: putting time and distance between someone thinking about suicide and the means they may use to end their life can help prevent suicide.



Next steps

- Together, call the National Suicide and Crisis Lifeline (call, text or chat 988) or other resources below. You can also call a faith leader, elder, friend, or family member.
- Stay with the person in crisis if it is safe for you to do so.
- If someone is in imminent danger, calling 911 may be necessary.



Suicide and Crisis Lifeline: 988

- Press 1: Veteran services
- Press 2: Spanish services
- Press 3: The Trevor Project
- Press 4: Native & Strong (WA)

- Crisis Text Line: Text "HEAL" to 741741
- Trans Lifeline: 1-877-565-8860
- The Trevor Project: 1-866-488-7386

LEARN Resources

Crisis Resources – Suicide & Mental Health

National (USA)

[National Suicide Prevention Lifeline](#): **988 (24/7)**

(ESPAÑOL) **(VETERAN)** **(LGBTQIA+)** **(BIPOC)**

Press 1 for Veterans services

Oprima 2 para servicios en español

Press 3 for the Trevor Project

Press 4 for Native and Strong (WA only)

[Crisis Text Line](#): 741741 (Text HEAL) **(24/7)**

(ESPAÑOL)

Mande AYUDA para servicios en español

[Trans Lifeline](#): 1-877-565-8860 **(24/7)**

(ESPAÑOL) **(LGBTQIA+)**

Oprima 2 para hablar con unx operadrx en español

[The Trevor Project](#): 1-866-488-7386 **(24/7)**

(LGBTQIA+)

Washington State

[Crisis Connections](#) (King County): 1-866-427-4747 **(24/7)**

[Teen Link](#): 1-866-833-6546 **(TEENS)**

[Crisis phone lines by county](#)

Crisis Resources – Other Crisis Lines

National (USA)

[Addiction Hotline | SAMHSA](#): 1-800-662-4357 **(24/7)**

[Disaster Distress Helpline | SAMHSA](#): 1-800-985-5990 **(24/7)**

[National Domestic Violence Hotline](#): 1-800-799-7233 **(24/7)**

[Sexual Assault Hotline | RAINN](#): 1-800-656-4673 **(24/7)**

Washington State

[Recovery Help Line](#): 1-866-789-1511 **(24/7)**

RESOURCE KEY

(24/7) This resource is available 24/7.

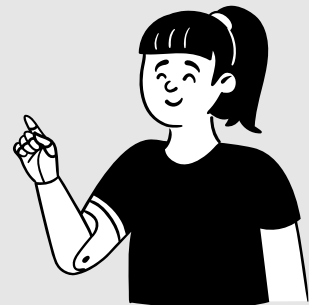
(BIPOC) This resource has specific services for black, indigenous, people of color.

(ESPAÑOL) This resource has services in Spanish.

(LGBTQIA+) This resource has specific services for LGBTQIA+ (lesbian, gay, bisexual, transgender, queer/questioning, intersex, asexual, and others) communities.

(TEENS) This resource has specific services for adolescents, teenagers, and young adults.

(VETERAN) This resource has specific services for veterans, service members, and their families.



Mental Health & Wellbeing

Long-term support

[Asian Counseling & Referral Service \(BIPOC\)](#)

[Behavioral Health Treatment Services Locator | SAMHSA](#)

[Consejo Counseling & Referral Service \(BIPOC\) \(ESPAÑOL\)](#)

[Find A Therapist | Psychology Today](#)

[Multicultural Counselors \(BIPOC\)](#)

[National Queer & Trans Therapists of Color Network \(BIPOC\) \(LGBTQIA+\)](#)

[Zencare](#)

Grief & Loss

[Eluna Resource Center \(TEENS\)](#)

[Loss support groups | American Foundation for Suicide Prevention](#)

[Support After Suicide | Crisis Connections \(King County, WA\)](#)

[The Dougy Center \(TEENS\)](#)

[The Healing Center Seattle](#)

Wellbeing

[COVID & Mental Health \(BIPOC\) \(LGBTQIA+\) \(TEENS\)](#)

[Mindfulness for Teens \(TEENS\)](#)



Other Community Resources

National

[Drug Take Back Locations](#)

[Find other support | American Foundation for Suicide Prevention](#)

[Give an Hour \(VETERAN\)](#)

[Irreverent Warriors \(VETERAN\)](#)

[Love is Respect \(24/7\) \(LGBTQIA+\) \(TEENS\)](#)

[Mission 22 \(VETERAN\)](#)

[Vet Self Check \(VETERAN\)](#)

[Washington State / Pacific Northwest / West Coast Harborview Abuse & Trauma Center](#)

[Ingersoll Gender Center \(LGBTQIA+\)](#)

[Lambert House \(LGBTQIA+\) \(TEENS\)](#)

[Native & Strong \(WA\) \(BIPOC\)](#)

[Odyssey Youth Movement \(LGBTQIA+\) \(TEENS\)](#)

[The NW Network \(LGBTQIA+\)](#)

[Therapy Fund Foundation \(BIPOC\)](#)

[We R Native \(BIPOC\) \(TEENS\)](#)

[Where to Turn for Teens \(TEENS\)](#)

Learn More About Suicide Prevention

[Forefront Suicide Prevention & Safer Homes, Suicide Aware](#)

[American Foundation for Suicide Prevention](#)

[Conversations Matter](#)

[Suicide Prevention Resource Center](#)