



# R

## REDUCE THE DANGER

Reducing the danger means always bringing any concerns to trusted adults.

- This includes information about firearms, medicines / medications, etc.
- These help us know what kind of information to pass on to trusted adults.

### Important follow-up questions

These help us know what kind of information to pass on.

I care  
about  
you.

Do you  
have a  
plan?

Is there an  
adult we can  
ask for help  
together?

# N

## NEXT STEPS

This is about connecting a person in crisis to resources that can help. Ask these follow-up questions and always tell a trusted adult if you are concerned about someone.

1. What actions would you take if you saw a suicidal message online or at school?
2. What if you saw the person writing it and they said, "Relax, it's a joke."
3. What stops us from taking immediate action in these kinds of situations?
4. Are people who talk or write about suicide really serious?
5. What if this person refused to talk to a counselor or other adult? What should we do? Brainstorm a few suggestions here.

Thank You!

Your participation in this life saving training really matters.

Interested in helping our school with suicide prevention efforts?  
Just let your trainer know.

Download a  
LEARN Card



Here are actions steps you can take, starting now.



Add 24-hour  
crisis  
resources  
into your  
devices



Let adults  
know about  
any access to  
lethal means



Check in with  
your friends  
regularly



Seek out  
counselors,  
crisis lines,  
and trusted  
supports



Report  
concerning  
content when  
you see it  
online

## 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