

1. **What we know**

Myth or fact: Which of these is true?

- Suicide affects all communities
- Asking about suicide does not cause suicide
- Suicide results from multiple complex factors

Instead of saying  
"committed suicide,"  
let's say "**died by  
suicide**"

2. **What protects against suicide?**

Check each protective factor, then circle any that feel important to you.

- Connections to friends, family, relatives, culture, and community
- Limited access to lethal methods (e.g., firearms, medications)
- Coping and problem-solving skills
- Access to physical and mental health care

**L**ook for Signs  
**E**mpathize & Listen  
**A**sk about suicide  
**R**educe the danger  
**N**ext steps

3. **LOOK FOR SIGNS**

What are some of the warning signs in the scenario? Write them down below.

Actions & Behaviors	Life Experiences

4. **EMPATHIZE & LISTEN**

If you had a friend/peer who was having a problem, how could you show empathy?

What would you want to hear from a friend/peer if you were the one having a problem? Give examples below.

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5. **ASK ABOUT SUICIDE**

- a. Let's practice how to ask with signs you have noticed.
- b. Think of some examples for how you could respond if they say "Yes," but ask you NOT to tell anyone.

*e.g., "I understand you wanting to keep this private, but... your safety is the most important thing right now. I need to be sure you are safe."*



Sometimes when people are \_\_\_\_\_, \_\_\_\_\_, they're thinking about suicide.  
Are you thinking about suicide?



*Always tell a counselor or trusted adult if there are concerns about suicide. No exceptions! Getting this person help is worth risking a friendship. It's better to have a mad friend than keeping suicide a secret.*

**6. REDUCE THE DANGER**

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

- ✓ This includes information about firearms, medicines/medications etc.
- ✓ Concerned about someone online? Follow these helpful steps at **Social Media Support - Lifeline.**



**Important follow-up questions**

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



REMEMBER: ALWAYS TELL A TRUSTED ADULT

**7. 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.

**8. Report concerning signs**

<i>In small groups or with a partner, discuss and write down your answers in the blank rows below.</i>	
a. What actions would you take if you saw a suicidal message online or at school?	<i>e.g., What adults would you seek out?</i>
b. What if you saw the person writing it and they said, "Relax, it's just a joke."	
c. What stops us from taking immediate action in these kinds of situations?	
d. Are people who talk or write about suicide really serious?	

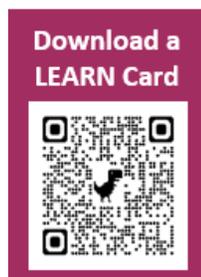
**9. Tough situations**

*What if this person refuses to talk to a counselor or other adult? What should we do? List your 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.



**Here are action 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

# 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.
- Listen with compassion. Show them you care by giving your full attention.
- Acknowledge their pain and accept their feelings so they don't feel judged.
- Repeat back what they tell you, then say, "You're dealing with a lot. I'm here and I want to help."



## *Ask about suicide*

- Asking about suicide will NOT plant the idea in someone's mind.
- Ask in a way that invites an honest answer. Mention any warning signs you've noticed.
- Be calm, courageous and direct. Say the word "suicide." Be prepared to hear a "yes."
- For example: "Sometimes when people feel hopeless and alone, they are thinking about suicide. Are you thinking about suicide? Or...are you thinking about killing yourself?"



## *Reduce the danger*

- Never hold suicide risk alone! Ask for support from trusted adults if you're concerned about someone's mental health or safety.
- Parents/caregivers, teachers, counselors, coaches, elders, spiritual leaders can help.
- Let trusted adults know about access to lethal means; i.e., alcohol, firearms, drugs, medicines, and report concerning [social media](#) posts.



## *Next steps*

- Always ask a trusted adult to help. Be prepared to give them critical information.
- If an adult is not available, help connect this person to 24-hr crisis resources like 988. Then involve an adult as soon as possible.
- If someone is in imminent danger, calling 911 may be necessary.
- It's OK to reach out to 988 or other resources when there isn't a crisis just so you know how they work.



## ***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
- Teen Link: 1-866-833-6546

*6-10pm/7days a week - a helpline for teens by teens*

# 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.

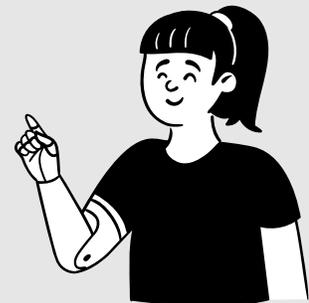
**(BIPOC)** This resource has specific services for black, indigenous, people of color.

**(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

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### 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

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### 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

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

[American Foundation for Suicide Prevention](#)

[Conversations Matter](#)

[Suicide Prevention Resource Center](#)

Visit us at: [inthe forefront.org](https://inthe forefront.org)



Forefront Suicide Prevention is a Center of Excellence at the University of Washington. Our mission is to help people take action to prevent suicide in their communities.

**W** FOREFRONT  
SUICIDE PREVENTION