

FOREFRONT SUICIDE PREVENTION LEARN® SAVES LIVES

YOU CAN DO THIS! HELP PREVENT A SUICIDE.

L

LOOK FOR SIGNS

- Talking, joking about death; researching ways to die.
- Hopelessness, depression, anxiety, significant loss or shame; sleep or appetite issues.
- Isolation, withdrawing from friends & favorite activities; decreased work performance.
- Increasing use of alcohol or substances; chronic pain; family history of suicide.



E

EMPATHIZE & LISTEN

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



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ASK DIRECTLY

- Asking about suicide will NOT plant the idea in someone's mind.
- If you see multiple troubling signs, ask directly about suicide.
- Ask calmly, in a straightforward way: *"Are you thinking about suicide?"*
- *"Sometimes when people feel...(alone, hopeless), they are thinking about suicide. Are you thinking about suicide?"* OR *"Are you thinking about killing yourself?"*



R

REDUCE THE DANGERS

- If they say yes, ask *"Do you have a plan?"*
If they say yes, ask *"Do you have a way to carry out your plan?"*
- Putting time & distance between someone at risk for suicide & lethal means can save a life.
- Remove or lock up firearms and medications. In crisis, lock up belts, ropes, knives, chemicals.
- Report concerning posts on social media. [Support on Social Media](https://suicidepreventionlifeline.org/help-someone-else/safety-and-support-on-social-media/) can be found at suicidepreventionlifeline.org/help-someone-else/safety-and-support-on-social-media/



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NEXT STEPS

- Together, call the National Suicide Prevention Lifeline or other resources below.
- If they don't agree to stay safe, stay with them as long as it is safe for you.
- Some community members aren't comfortable calling 911. You can call a faith leader, elder, trusted friend or family member. Call 911 only in emergency or as last resort.



Suicide Prevention Lifeline **800.273.8255**
For Veterans Press **1** For Spanish Press **2**
Crisis Text Line text **'HEAL'** to **741741**
Washington Listens **833.681.0211**

Recovery Helpline **866.789.1511**
Trans Lifeline **877.565.8860**
Trevor Project - LGBTQ **866.488.7386**
or text **'START'** to **678678**

intheforefront.org/LEARN



24-hour CRISIS HELP

[Suicide or Mental Health Crisis - Call, text, chat to 988](#)
[What happens when you connect to 988?](#)
[Boys Town Translation Services for Teens & Parents](#)
[Crisis Connections](#) - 866-427-4747
[Crisis Text Line](#) - Text 'HEAL' to 741741
[Crisis Lines by County](#)

BIPOC / EQUITY / LGBTQI+

- [BIPOC & AAPI Mental Health Resources / Culturally Competent Therapists](#)
- [Find Multicultural Counselors / Inclusive Therapists / MGH Center](#) - Cross cultural student wellness
- [Reach Out - Everything You Need to Know about Gender / Be True & Be You - LGBTQ Resource Guide](#)
- [Teaching Tolerance / Equity & Cultural Responsiveness / Learning Together UW](#)
- [Trevor Project / Trans Lifeline](#) - 1-877-565-8860

BULLYING / EATING DISORDERS

- [Stop Bullying Now](#) - Information including how to respond
- Eating Disorders - [NEDA](#) / [Proud2Bme](#) - Youth changing how they talk about food, weight and body image
- [Know Bullying](#) - Boost your child's confidence & build strong relationships - free mobile app from SAMHSA

HOMELESSNESS / OTHER SUPPORTS

- [Call 211](#) - Not sure where to turn? Check out this National Service available 24/7
- [Safe Place](#) - Shelter for teens in crisis, resources for families. Text "SAFE" + current location to 4HELP (44357)

MENTAL HEALTH & WELLBEING / GRIEF

- [College & Career Transitions - JED](#) / [Changes Parent Support Network](#) - 1-888-468-2620
- [Depression Handbook for Parents](#) - Discussion Guide (Spanish version) & Videos / [Family Guide](#) - Forefront
- Finding help: [Free Class - Finding Mental Health Care in WA](#) / [Find Treatment](#) / [Find a Therapist](#)
- [Grief & Addiction Resources for Children & Families - Eluna](#) / [Mental Wellness Workbooks - Seattle Children's](#)
- [Mental Health Referral Service for Youth - Children's Hospital SEA](#) / [Mental Health Topics](#)
- [NAMI Support & Education Programs](#) / [Teen Mental Health Curriculum](#)

SUBSTANCE ABUSE / SEXUAL ABUSE & ASSAULT

- [Addiction & Grief Support for Children & Families - Eluna](#) / [E-Cigarette Fact Sheet](#)
- [Drug Topics - Lesson Plans for Educators & Parents](#) - NIH / [Education & Prevention Info](#) - UW ADAI
- [Medicine Return - Take Back Your Meds](#) / [Stop Overdose - Good Samaritan Law](#) / [Stop Overdose CDC](#)
- [Opioid Misuse - Starts with One](#) / [Opioids & Other Rx Drugs - Discovery Education](#)
- [Partnership for Drug-Free Kids](#) / [Start Talking Now](#) / [Talk, They Hear You](#) - Podcasts, videos & mobile app
- [RAINN](#) - Sexual assault support & resources / [Sexual Abuse](#) - Information & resources from NCTSN/SAMHSA
- [Recovery Helpline](#) - 1-866-789-1511 / [WA Warm Line](#) - Peer support for mental health challenges
- [Strong Hearts Native Helpline](#) - Dating and sexual violence helpline for Native Americans and Alaskan Natives

SUICIDE PREVENTION & POSTVENTION SUPPORT / FIREARM SAFETY

- [3 Interventions Toolkit](#) - UW / [Protect Our Kids](#) - Children's Hospital / [Safer Homes Suicide Aware](#) - Forefront
- [American Foundation for Suicide Prevention](#) / [Society for the Prevention of Teen Suicide](#) / [Role of Teachers](#)
- [School Community Toolkit](#) - Dougy Center / [Social Media Support for Suicidal Individuals](#) - NSPL
- [Support After Suicide](#) - Crisis Connections [Care Package](#) & [Mentor](#) / [Support Group Locator](#) - AFSP
- [Suicide Prevention Resource Center](#) / [Toolkit for Schools & Families](#) - Forefront