

Suicide Prevention at a Glance

Notice

Know the warning signs. Changes in behavior, mood, or routine can signal that someone is struggling.

Look For:

- Withdrawing from friends or activities.
- Feeling hopeless or overwhelmed.
- Major changes in mood or behavior.
- Talking about death, dying, or feeling like a burden.
- Giving away possessions or saying goodbye.

Connect

Start the conversation. If you notice something, reach out. Ask how they're doing and listen without judgment.

Look For:

- "I've noticed you haven't seemed like yourself. How are you doing?"
- "I'm here to listen."
- "You don't have to go through this alone."
- "How can I support you?"

Act

Take concerns seriously. If someone may be in immediate danger, don't leave them alone. Help them connect with immediate support.

Look For:

- Stay with the person if you believe they are in immediate danger.
- Help them reach a mental health professional or trusted support person.
- Call or text 988 for the Suicide & Crisis Lifeline.
- If there is immediate physical danger, call 911.

You Don't Have to Have All the Answers.

You just need to notice, connect, and take the next step. Starting a conversation can help someone feel seen, supported, and less alone.