

Talking about suicide can be intimidating. Hold onto this booklet so you can refer back for resources and how to help someone who is struggling.



Suicide Prevention Resources

Know the warning signs

Verbal clues

- “I wish I were dead.”
- “I’m going to end it all.”
- “If (this or that) doesn’t happen, I’ll kill myself.”
- “I’m tired of life and can’t go on.”
- “Who cares if I’m dead anyway.”
- “Pretty soon you won’t have to worry about me.”

Some comments can be construed as slang. It’s important to not dismiss and do not shame. Every direct or indirect verbal clue is an opportunity to connect, clarify, and offer support.



Check in. Reach out. Show you care.

Sometimes, a simple message, like a text, call, or note, can make a world of difference.

When someone is struggling, knowing that someone cares about them can be a protective factor against crisis.

Remember: You don’t need to have all the answers. Just letting someone know they matter can be life-saving.

Behavioral clues

- a prior suicide attempt
- withdrawal from family, friends, or things they typically enjoy
- putting personal affairs in order
- engaging in risky or self-destructive behaviors

Situational clues

- recent major loss (e.g., child, spouse, close friend—especially if by suicide)
- relationship struggles
- recent trauma
- sudden unexpected loss of freedom/fear of punishment

CALM Conversations

Provides education on implementing safe storage of firearms and dangerous medications.

Stanley Brown Safety Plan

This app guides users to create a safety plan is a list of coping strategies and social supports that people can use when they are in a suicidal crisis or very distressed.

Helpful Apps

What can you do?

It can be hard to know what to do or say to help someone who is struggling.

Do...

- Normalize the question and ask directly: “Sometimes when people feel overwhelmed or hopeless, they may think about suicide. Have thoughts of suicide come up for you?”
- Avoid using vague language that could be misunderstood
- Stay calm and keep a compassionate tone
- Be ready to listen and show empathy

Scan QR code to view more local resources

You can...

Connect to resources

Suicide and Crisis Lifeline: Call or text 988

- 24/7
- free
- confidential
- trained counselors available for immediate assistance

Don't...

- Ask with a judgmental tone: “You are not thinking about suicide, are you?”
- Minimize or dismiss: “Oh, it’s not that bad is it?”
- Make it about yourself. This can shift focus or add guilt or shame to the person needing support.
- Panic or overreact. Staying calm and listening helps the person feel supported.

Anyone can play a role in suicide prevention by actively listening, and connecting to support.