

Suicide is  
preventable.

Suicide prevention  
starts with you.

*Scroll down to learn how*



# TAKE ACTION

*Anyone can prevent suicide when they take action to help someone at risk*

## Ask

Ask, openly and compassionately, "Are you thinking about suicide?"

Asking the question opens up the conversation, shows you care, and lets them know you are willing to talk.

## Listen

Listen instead of giving advice or trying to fix things.

Giving the person a chance to talk helps relieve stress, shows them someone cares to listen, and helps them feel less alone.

## Stay

If someone is thinking of suicide, stay with them.

Help keep them safe until they can get appropriate care. If you cannot stay, help them arrange to have someone else stay.

## Help

Work together to find the right kind of help.

If there is immediate danger, call 911.

In an emotional crisis you can call the **988 Lifeline** any time at **9-8-8**.

*Scroll down for resources*

## 988 Lifeline

988 provides emotional, substance use, and developmental disability crisis support and access to treatment services 24/7. Call or text 9-8-8 or chat online

<https://988lifeline.org/>



## Veterans Crisis Line

Call, chat, or text if you are a veteran or are concerned about a veteran.

<https://www.veteranscrisisline.net/>

## American Foundation for Suicide Prevention

Find support for yourself or someone who may be at risk for suicide.

<https://afsp.org/get-help>



**D·B·H·D·D**

Georgia  
Department of  
Behavioral Health  
& Developmental  
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**Office of Federal Grant Programs  
& Suicide Prevention**