



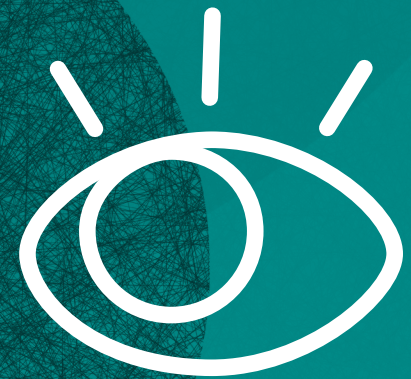
# See Someone Save Someone

Identify signs of suicide in those around you and know the steps to help them get on the road to recovery.

## See Someone

**Be alert for warning signs like:**

- Visibly emotionally distressed or depressed and apathetic
- Making comments about hopelessness or escaping pain
- Obtaining lethal means like firearms or pills
- Giving away items or money



## Save Someone

1. **Talk with them**— start a vulnerable and direct conversation about how they are
2. **Support them while they share**— listen empathetically and calmly
3. **Determine their risk**— do they have thoughts of suicide and do they plan on acting on them?
4. **Help them get help**— help them reach out to a mental health professional

**Call 988 or text "CO" to 741741**



**If someone is actively trying to harm themselves or others call 911. If you engage, prioritize your own safety.**