



Practical Tips for Suicide Prevention & Making Hope a Habit

Suicide prevention is not only the job of professionals. Everyone can help. Whether you support a loved one or care for your own mental health, small daily actions can make a difference.



Practice Positive Words Every Day

Say "I care about you" or "I'm glad you're here." When someone shares something personal, say "Thanks for sharing that with me." These phrases validate and show you believe in the person.



Check in with Others

A call or text can mean more than you think. Regular check-ins help people feel connected, and connection can lower the risk of suicidal thoughts.



Build and Protect Social Connections

Strong relationships support mental and physical health. Staying connected can lower the risk of depression and anxiety.



Take Part in Your Community

Volunteering or local events help people feel connected and build purpose and belonging.



Talk Openly about Mental Health

Ask "Do you want to talk?" Talking about mental health reduces stigma and reminds others they are not alone.



Crisis Resources

- **Call or text 988** — Suicide & Crisis Lifeline — free, private, 24/7
- **Call 911** if someone is in immediate danger
- Chat available at **988lifeline.org**
- Available to anyone in the US or US territories — **you do not have to be suicidal to call**