



September is National Suicide Prevention Awareness Month

If you or someone you know needs help, call or text **988** — free, confidential support, 24/7.

Common Warning Signs

- Talking about feeling hopeless or being a burden
- Giving away personal items
- Pulling away from friends and family
- Showing extreme mood swings

How to Support a Friend

1. Ask directly — "Are you thinking about suicide?"
2. Listen closely — without judging or giving immediate advice
3. Keep them safe — remove access to lethal means if present
4. Stay connected — check in after the crisis
5. Get professional help — connect them to the 988 Lifeline

What to Avoid

- Do not minimize ("It's not that bad")
- Do not argue or lecture about the value of life
- Do not promise to keep suicidal thoughts a secret
- Do not leave a person in immediate danger alone