

TAKE IT SERIOUSLY

ASK QUESTIONS

GET HELP

Most people who are thinking of taking their own lives tell a friend first.

Would you know what to do if you were face-to-face with a friend in suicidal crisis?

Remember TAG, You're It!
You might just save a life.

Where to find help.

800.273.TALK (800.273.8255)

National Suicide Prevention Lifeline

Text HELP to 741741

Crisis Text Line

Crisistextline.org

866.488.7386

The Trevor Project helpline for LGBT youth

TheTrevorProject.org

972.525.8181 | M-F 10 AM to 6 PM

Here For Texas Mental Health Navigation Line

HereForTexas.com

ReachOut.com

HalfofUs.com

GrantHalliburton.org

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YOU'RE IT!

Learn to recognize the warning signs of suicide.

- Feeling hopeless
- Drastic changes in behavior
- Impulsiveness, recklessness, risk-taking
- Aggressive behavior, rage, uncontrolled anger
- Preoccupation with death or suicide
- Giving away possessions
- Loss of interest in appearance
- Increased use of alcohol or drugs
- Withdrawal from friends and family
- Extreme anxiety or agitation
- Recent stress like loss of a relationship, unplanned pregnancy, victim of bullying or family conflict
- Previous suicide attempt or exposure to another's suicidal behavior
- Comments like "I don't think I can take it anymore" or "People would be better off without me."

Know what to do.

TAKE IT SERIOUSLY

- Listen. Don't judge. Don't act shocked or angry.
- Let the person know that you care and he or she is not alone.
- Explain that depression can be treated and that no matter how awful the problems seem, they can be worked out.
- Never agree to keep a person's suicidal thoughts or plans a secret.

ASK QUESTIONS

- Don't be afraid to ask if a person is considering suicide.
- Be direct. Ask if he or she has a particular plan or method in mind.
- Talking openly about it is the first step to getting help.

Take action.

GET HELP

If the situation is life-threatening:

- Call 911 or a crisis help line.
- Go with the person to the nearest emergency room.
- Take away anything that could be harmful.
- Do not leave the person alone until help is available.

If the situation is not life-threatening:

- Try to get the person to agree to talk to someone.
- Call a parent or other trusted adult who can help.
- Offer to go with them to talk to a parent, school counselor, or other trusted adult.
- Stay in touch.