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## Action Steps for Helping Someone in Emotional Pain



### ASK

“Are you thinking about killing yourself?”



### KEEP THEM SAFE

Reduce access to lethal items or places.



### BE THERE

Listen carefully and acknowledge their feelings.



### HELP THEM CONNECT

Call or text the 988 Suicide & Crisis Lifeline number (988).



### STAY CONNECTED

Follow up and stay in touch after a crisis.



**NIH** National Institute of Mental Health

[nimh.nih.gov/suicideprevention](https://nimh.nih.gov/suicideprevention)



[hancockhelps.org](https:// Hancockhelps.org)

**CRISIS TEXT LINE |**

Text "Hello" to 741-741

