



SOMEONE ACTIVELY ATTEMPTING SUICIDE

Call 9-1-1

State you are reporting a person actively attempting suicide and medical intervention is needed

Provide

- Location and phone number of the person
- Known direction of person if not stationary
- Name/description of person/clothing
- Have they hurt themselves
- Means available, if known—gun, drug(s), etc.

If you are WITH the person:

- Make sure you are safe
- Stay with the person, remain calm and listen non-judgmentally
- Offer reassurance that you are there to help, and other help is available

If you are NOT with the person:

- Stay connected— via phone, text, whatever means you've been communicating
- Offer reassurance that you are there to help, and other help is available

Ask “Do you have a plan?”

If YOU need help, CALL NOW and you can expect:

- Law enforcement responds to ensure scene safety; assess if protective custody is needed
- EMS responds to assess emergency care needed; provide initial appropriate care; assess if transport is needed to hospital





SOMEONE SERIOUSLY CONSIDERING SUICIDE

If you are **WITH** the person

- Make sure you are safe
- Stay with the person, remain calm, listen non-judgmentally
- Offer reassurance that you are there to help, and other help is available

If you are **NOT** with the person

- Stay connected via phone, text—however you've been communicating
- Offer reassurance that you are there to help, and other help is available

Ask **"Do you have a plan?"**

Offer to call Their Supportive Person or Their Counselor

Offer to call the Crisis Line 24/7 Assistance

National Suicide Crisis Line: 1-800-273 TALK (8255)

Hard of Hearing 1-800-799-4889

Veterans Press 1

Spanish Press 2

National Suicide Crisis Text Line: Text HOME to 741741

Veterans Text 838255

Local Suicide Crisis Phone Line: 1-509-334-1133

National Suicide Prevention Lifeline

<https://suicidepreventionlifeline.org>

American Foundation for Suicide Prevention

<https://afsp.org>

If **YOU** need help, **CALL NOW** and you can expect:

A trained suicide crisis worker to talk to

- * Who will listen to you
- * Provide support
- * Connect you with help

