



## **SOMEONE ACTIVELY ATTEMPTING SUICIDE**

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**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

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### 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