



NATIONAL SUICIDE PREVENTION LIFELINE

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

We're committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness.

HOW TO SAVE A LIFE ? #bebe1to5 action

ASK

Research shows people who are having thoughts of suicide feel relief when someone asks after them in a caring way.

KEEP THEM SAFE

When lethal means are made less available or less deadly, suicide rates by that method decline, and frequently suicide rates overall decline.

BE THERE

Individuals are more likely to feel less depressed, less suicidal, less overwhelmed, and more hopeful by after speaking to someone who listens without judgment.

HELP THEM CONNECT

Helping someone at risk create a network of resources and individuals for support and safety can help them take positive action and reduce feelings of hopelessness.

FOLLOW UP

Brief, low cost intervention and supportive, ongoing contact may be an important part of suicide prevention.

STORY OF HOPE AND RECOVERY

I Survived a Suicide Attempt: Josh Rivedal

"People care, they love you, and they want to support you. There's somebody and something around. I know it might be hard to see, but it's there. Explore and look for that. You're important and you matter. If you could stick around for that, you'd be helping in one place at one point doesn't mean you can't make an incredible life for yourself and help other people. Everybody's important and you don't see it right now you doesn't mean it's not true."



**BE THE ONE
TO...
SAVE A
LIFE.**

NATIONAL SUICIDE
PREVENTION LIFELINE
1-800-273-TALK (8255)
www.bethelto.com

**THE
LIFELINE**
TOGETHER, WE CAN CHANGE LIVES

