

Forefront Suicide Prevention LEARN® SAVES LIVES



## Crisis Resources

**Lifeline: 800-273-8255**

Press 1 for Veterans

Oprima 2 para español

**Crisis Text Line:** Text HEAL to 741741

**LGBTQ+:**

**Trevor:** 866-488-7386

**Trans Lifeline:** 877-565-8860

Call trusted family member, friend,  
or faith leader

As a last resort, call 911

**intheforefront.org**  
**@intheforefront**

**Many suicides are preventable.  
You can do something.**

**L**

**LOOK FOR SIGNS**

- Emotions, actions, experiences

**E**

**EMPATHIZE AND LISTEN**

- Offer compassion, not advice

**A**

**ASK ABOUT SUICIDE**

- Be direct, calm, and courageous *"Are you thinking about suicide?"*

**R**

**REMOVE THE DANGER**

- Remove or lock up firearms and meds

**N**

**NEXT STEPS: SEEK HELP**

- Contact a crisis line or professional for help  
(See over)