

Forefront Suicide Prevention LEARN® SAVES LIVES



## Crisis Resources

**Suicide & Crisis Lifeline:** Call or Text 988  
Press 1 for Veterans  
Oprima 2 para español

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

**LGBTQIA+:**

**Trevor:** 866-488-7386

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

Call trusted family member, friend,  
or faith leader

As a last resort, call 911

[inthe forefront.org](https://inthe forefront.org)  
[@inthe forefront](https://inthe forefront.org)

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

REDUCE THE DANGER

- Remove or lock up firearms and meds

N

NEXT STEPS: SEEK HELP

- Contact a crisis line or professional for help

(See over)