

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

REDUCE THE DANGER

- Share concerns about suicide with an adult you trust

N

NEXT STEPS: SEEK HELP

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