

## Know the **FACTS**

- **F EELINGS** you see them showing  
Sad, lonely, hopeless, in pain, moody, irritable
- **A CTIONS** you see them taking  
Pushing away friends and family, giving away important possessions, using alcohol or drugs, making unsafe decisions, making or researching suicide plans, making art or writing about death
- **C HANGES** in their behavior or personality  
Changes in school performance, changes in appearance or hygiene, changes in personality or attitude, just not seeming like themselves
- **T HREATS** of suicide they have made  
Saying they're going to kill themselves, saying goodbye
- **S ITUATIONS** they are in that might be stressful or painful  
Has the person had a crisis or trigger situation, especially in the last couple of weeks?

## Remember **CARE**

- **C O N N E C T**  
"I am worried about you because \_\_\_\_; I want to help."
- **A S K** the question  
"Are you thinking about suicide?"
- **R E F E R**  
"You are not alone, let me help you find help."  
Do not leave him/her alone. Connect with the appropriate resource right away.
- **E N C O U R A G E**  
"You will get through this & recover."

## What resources in community can help?

Crisis Line 1-800-273-8255

LGBTQ Crisis Line 1-866-488-7386

1. \_\_\_\_\_

3. \_\_\_\_\_.

2. \_\_\_\_\_

4. \_\_\_\_\_.