



Help Prevent Suicide - Everyone Can LEARN™

Most people can relate to a time when they have felt all alone. Sometimes, we just needed a reminder—I see you. I care. For those who may be in a deep crisis and considering suicide, we suggest using the LEARN™ acronym. We truly believe that everyone can play a role. Everyone can learn to recognize and respond to someone who may be thinking about taking their own life. Most suicides are preventable. You could help save a life. **To learn more, go to www.intheforefront.org**

LOOK FOR SIGNS

- Talking, joking or researching about death.
- Feeling hopeless, depressed, trapped, irritable, agitated, anxious, ashamed, humiliated or burdensome.
- Changes in personality, academic/work performance, sleep, withdrawing from friends/activities.
- Abusing alcohol/drugs, reckless behavior, self-harm/cutting, giving away possessions.

EMPATHIZE AND LISTEN

- Most importantly, just listen.
- Listen with compassion, remain calm, avoid judgement and validate their feelings.
- Don't offer quick fixes, tell them everything will be OK, show anger, panic, or ask "why" questions.
- People who have survived suicide attempts report what was most helpful to them—just listen.

ASK ABOUT SUICIDE







- Ask in a way that invites an honest response. Use any signs you've noticed as part of the ask.
- Be direct. Use the word "suicide" and be prepared to hear a "yes."
- Asking about suicide will NOT put the idea in someone's head. Not asking is far more dangerous.

REDUCE THE DANGER

- Means reduction is a proven approach to help make your home Suicide Safer.
- If they say yes, ask them *"Do you have a plan?" "Do you have access to those means?"*
- Restrict or remove access to firearms, medications, belts, ropes, knives, alcohol and chemicals.
- Report concerning posts on social media. See reporting links here: www.helpingcasey.com

NEXT STEPS

- Never leave the person alone. There are resources to help you and the person in crisis. See below.
- Provide a warm hand-off (stay with the person until they receive help).

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|  SUICIDE LIFELINE - 24/7 1.800.273.8255 (TALK) |  CRISIS LINE of King County 24/7 206.461.3222 or 1.866.427.4747 |  CRISIS TEXTLINE Text 741741 - then hit 'Send' |
|  BEREAVEMENT SUPPORT 206.291.7279 |  RECOVERY HELPLINE 1.866.789-1511 |  TREVOR PROJECT - LGBTQ 1.866.488.7386 |

FOREFRONT

SUICIDE PREVENTION

4101 15th Ave NE, Seattle, WA 98105 | www.intheforefront.org