

## **If you have not attended a suicide prevention training yet?**

Here are three simple steps you can take toward being a helper and resource in your community.

1. **ASK** directly about suicide.
  - a. To your comfort level but in a direct way ask “Are you thinking of suicide?” “Is suicide what’s on your mind?” “Are you thinking of killing yourself?”
2. **LISTEN** to their reasons for suicide without judgement.
  - a. Keep in mind that suicide is Not the problem, the problem is the lack of connection and feelings of loss that the person may be feeling about any situation they may feel does not have resolution.
3. **KEEP SAFE:** Safety for now is a goal to keep the person safe from taking action on their life.
  - a. Ask how long they are willing to keep safe from suicide and what resources they may need to elicit additional help.

We are all in this together, and you can be a resource to those around you.

Remember that most people do not want to die from suicide, most just want the pain to end or are looking for hope in what they may view as hopeless situations.

A simple act of positive action, like asking about suicide can make the difference.

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