Do:

- Call 988 for support
- Call 911 for immediate risk
- Take suicidal threats seriously
- Say “I care and want to help”
- Listen without judgement
- Let them know that things can improve — even if it doesn’t feel that way now

Don’t:

- Minimize their feelings or their situation
- Tell them that everything will be okay
- Agree to keep their suicidal thoughts a secret
- Leave them alone without linking to professional support

If you or someone you know is experiencing suicidal thoughts or is in crisis:

Call or Text 988

Or call: (216) 623-6888

Suicide Prevention for adults, adolescents & children

FrontLine Service is a contract agency of the Alcohol, Drug Addiction & Mental Health Services Board of Cuyahoga County and is certified by the American Association of Suicidology.
**BE DIRECT**
Ask directly, “Are you thinking about killing yourself?”

**LISTEN WITHOUT JUDGEMENT**
Don’t dismiss the person’s feelings or experience.

**SEEK SUPPORT**
It’s not your job to fix this. It’s your job to connect them to someone who specializes in suicide prevention.

**TAKE ACTION**
Remove guns, pills, or other means of harm.

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**Warning Signs**
- Talking about wanting to die
- Depressed or irritable mood
- Social isolation / withdrawal
- Sense of guilt or being a burden
- Dramatic mood or behavior changes
- Feeling of worthlessness
- Change in appetite or sleep pattern
- Searching for ways to kill themselves
- Increased risk-taking including substance use
- Loss of interest in usual activities
- Feeling trapped or inescapable pain

**Risk Factors**
- Previous suicide attempt(s)
- Access to guns
- Close family member or friend who has died by suicide
- Recent death, divorce, break-up, or financial problems
- Substance abuse
- History of abuse, neglect, or exposure to violence
- Recent psychiatric admission
- Chronic physical pain
- Shame about wanting help
- Disconnection from a support system; social isolation

**OFFER**

**HOPE**