

# Vermonters Are With You

Suicide is Preventable  
You can help, by getting help.



## It is scary when a friend or loved one is thinking about suicide.

If someone you know is having a hard time, you can be the difference in getting them the help they need.

## You can help, by getting help.

[#BeThe1To](#) promotes five action steps to help you communicate with someone who may be thinking of suicide. The five steps are supported in the field of suicide prevention.

1. Ask directly if the person is thinking about suicide, then listen to the answer without judgment. If someone says they are thinking about killing themselves, get help by calling **1-800-273-8255** or **9-1-1**.
2. Keep them safe by removing their access to lethal means. This may mean removing medications and poisons from easy access or removing firearms from the home.
3. Be there. Be present for them by making an emotional connection and letting them know that you care.
4. [Help them connect to support](#). Make sure they have hot-line numbers and other resources programmed into their phone or written in a place where they can easily find them.
5. Follow up with texts, calls or online video "visits" to provide ongoing support. To find out more about the [Five Action Steps click here](#).

## Remember, Vermonters Are With You.

**You  
Are  
Not  
Alone**

Available 24/7 – If you need help, text VT to 741741

The National Suicide Prevention Lifeline  
is available 24/7 at 800-273-8255

Dial 2-1-1 to find mental health services in your area

Vermont Peer Support Line – open 24 / 7  
Call or text 833-888-2557



Click [here](#) or Google Vermont Department of Mental Health, for more information.