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.

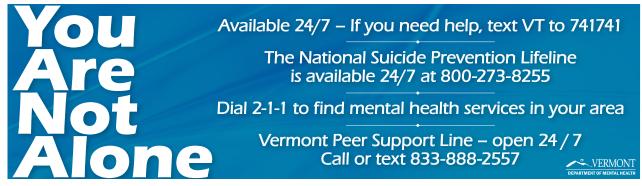
If someone you know is having a hard time, you can be the difference in getting them the help they need.

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. <u>Help them connect to support</u>. 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 <u>Five Action Steps click here</u>.

Remember, Vermonters Are With You.



Click here or Google Vermont Department of Mental Health, for more information.