

**IT'S OKAY TO TALK ABOUT SUICIDE.
HOW TO HELP SOMEONE IN DISTRESS:**

More people are speaking compassionately and openly about mental health and their struggles. Talking about suicide with others can be life-saving.

1. Know the Signs

Notice your concern of any sudden changes in mood, words, or actions such as: increased substance use, difficulty sleeping, acting recklessly, feeling depressed, talking about suicide, feeling like a burden, access to firearms, etc.

2. Ask Directly

"I'm concerned about you. You've seemed really withdrawn. Are you thinking of suicide?" Asking will not give the person ideas to take their life.

3. Listen and Show Support

"I want you to know that support is available to help you through this." Let them talk.

4. Refer for Help

"I'd like to sit with you while you call your (hotline, therapist, hospital) for help." Find resources together. Do not assume a person will get help on their own.

5. Follow-up

"Let's make a plan to connect again." A phone call or note to show you care can help in the healing process.

**IF YOU OR SOMEONE
YOU KNOW IS FEELING SUICIDAL,
PLEASE CALL:**

Bucklew Suicide Prevention Hotline (Marin)
415-499-1100

North Bay Suicide Prevention Hotline for Sonoma,
Lake and Mendocino: **855-587-6373**

National Suicide Prevention Lifeline:
800-273-8255 (TALK)

For more information: www.bucklew.org
or email: hotline@bucklew.org

