

# 5 Action Steps for Helping Someone in Emotional Pain

 <p><b>ASK</b></p> <p>"Are you thinking about killing yourself?"</p>	 <p><b>KEEP THEM SAFE</b></p> <p>Reduce access to lethal items or places.</p>	 <p><b>BE THERE</b></p> <p>Listen carefully and acknowledge their feelings.</p>	 <p><b>HELP THEM CONNECT</b></p> <p>Save the National Suicide Prevention Lifeline number 1-800-273-8255.</p>	 <p><b>STAY CONNECTED</b></p> <p>Follow up and stay in touch after a crisis.</p>
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For more information on suicide prevention: [www.nimh.nih.gov/suicideprevention](http://www.nimh.nih.gov/suicideprevention)



## Ask the Question

"Are you thinking about killing yourself?" or "Are you thinking about ending your life?"

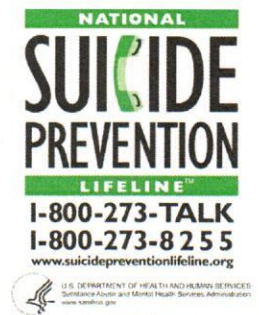
## How NOT to Ask the Question

"You're not thinking about killing yourself, are you?"

Do not ask the question as though you are looking for a "no" answer. Asking the question in this manner tells the person that although you assume they are suicidal, you want and will accept a denial.

## Who Can You Talk To?

- Call 911
- Crisis Center 205-323-7777
- National Suicide Prevention Lifeline 1-800-273-TALK (1-800-273-8255)
- Crisis Text Line (text HELLO to 741741)
- Family Support Services, LLC 256-340-9233
- School Counselor
- Principal/ Teacher
- SSRO



**Family Support Services, LLC**  
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