

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



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.



Reaching out. Resolving crisis.

1744 Payne Avenue
Cleveland, OH 44114



Reaching out. Resolving crisis.

Suicide Prevention

for adults, adolescents & children



www.FrontLineService.org

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.

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