

Suicide prevention and support

Reaching Someone When Suicide Is a Concern

Adults and teens 13+ | 10 to 15 minutes

If you may act on suicidal thoughts or cannot stay safe, call or text 988 in the U.S. Call 911 for immediate danger or a medical emergency. Elsewhere, use local crisis or emergency services. Contact live help now; completing a worksheet is never a requirement for support.

Reach live help first. Use these prompts only if they support that contact; do not delay emergency assistance to write answers.

Use direct words

You can say, "I am having thoughts of suicide and need help staying safe." If speaking is difficult, show this page or ask someone to help communicate. A helper should take your concern seriously and ask about immediate needs.

Build the next connection

With a qualified helper, discuss accessible support, a safer setting, and how to reduce access to things you could use to harm yourself. Agree on follow-up and what to do if the situation changes. This page is not a complete safety plan.

1. What do you need a live helper to know about your immediate safety?**2. Who can you contact now, and what communication support would help?****3. What safer setting or practical assistance can you discuss with the helper?****4. What follow-up contact has been agreed, and what should happen if safety changes?****Clinical use and adaptation**

Assess suicidal thoughts, intent, access to means, recent behavior, protective factors, and immediate needs directly. Do not use scores or safety promises to determine disposition. Develop an individualized, collaborative safety plan and appropriate follow-up; involve supports with consent and applicable safeguarding duties.