

WHAT TO DO IF YOU SUSPECT SOMEONE IS SUICIDAL

IF YOU ARE CONCERNED ABOUT SOMEONE:

- 1. Show them that you care**
“ I’m really worried about you”
- 2. Ask if they are thinking about suicide**
“Have you been thinking about suicide?”
- 3. Get help**
“Who do you trust to talk with about this?”
- 4. Don’t promise to keep it a secret**

JUST
TALK
ABOUT IT!

ALABAMA PUBLIC HEALTH

988
SUICIDE
& CRISIS
LIFELINE

BECAUSE ONE SMALL ACT CAN MAKE A DIFFERENCE