



**WHAT TO
DO IF YOU
SUSPECT
SOMEONE IS
SUICIDAL**

ALABAMA
PUBLIC
HEALTH

JUST
TALK
ABOUT IT!

988
SUICIDE
& CRISIS
LIFELINE

ALABMAPUBLICHEALTH.GOV

**BECAUSE ONE SMALL ACT
CAN MAKE A DIFFERENCE**



**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**