CALL 911 FOR
Encourage appropriate professional help.
Give reassurance and information.
Listen nonjudgmental.
Encourage self-help and other support strategies.

WARNING SIGNS
These signs may indicate that a person needs help.
- Withdrawal from activities
- Acting recklessly
- Sleeping too much or too little
- Loss of interest or pleasure
- Aggression
- Delusions and hallucinations
- Suicidal ideation

BEHAVIOR
Talk about wanting to die or suicide.
Talk about having a plan.
Suicide attempt.

SAFE DISPOSAL
Drop off disposal locations
Pharmacy
Police Station
Out-of-date, unused, and excess medications including, over the counter health condition.

TAKING ACTION
Safety Plan
A safety plan is designed to guide you and the person you are concerned about through the days and weeks ahead.

LETHAL MEANS SAFETY
Talk about lethal means.
Talk about your local resources.

ACTION STEPS

collaboration to connect with family and friends.

SAFE STORAGE OF LETHAL MEANS

CREATE TIME AND DISTANCE

RESOURCES

ACTION STEPS

In-home Safe Storage
Bring friends or relatives.
Sign-off.

TRAINING & SUPPORT

Training and support can help you learn how to assist and support members of your community who may be at risk.

CRISIS HOTLINE

National Suicide Prevention Lifeline
1-800-273-TALK (8255)

Mental Health First Aid (MHFA)
The Veteran Spouse Network (VSN) offers suicide prevention training every month.

A person who talks about suicide is just

Adults who are
talking about suicide are at higher risk of attempting suicide in the next hour than adults who are not.

A key to suicide prevention is understanding the warning signs.

Safe Storage of Lethal Means

TALK
Mental health is a vital part of your life.

Access to Lethal Means

Access to lethal means is a leading cause of suicide deaths.

WARNING SIGNS

Suicide remains the number one cause of death for veterans.

WEB TOOLKIT

www.uwsuicideprevention.org

THE NATIONAL VETERAN SUICIDE PREVENTION COUNCIL

1-800-273-TALK (8255) • www.suicidepreventionlifeline.org

Notes:
1. 988 - A number to call whenever you’re in crisis or looking for information about crisis counseling.
2. Veteran Spouse Network (VSN) offers suicide prevention training.
3. The American Foundation for Suicide Prevention (AFSP) is the largest suicide prevention and research organization in the United States.
4. National Alliance on Mental Illness (NAMI) Homefront is a program of the National Alliance on Mental Illness (NAMI).
5. America Wien Ce 4 ays the (4) American Foundation for Suicide Prevention, (5) SAMHSA.