

# NOVEMBER: SOS! ACT NOW!

SOS (Signs of Suicide). Suicide prevention can begin with a simple “Are you okay?” We can all do that. Here are some suggested tips in being aware of and preventing suicide:

1. **Ask questions.** Although it is a very uncomfortable topic, your questions could save a life.
2. **Tell someone.** No matter what the person may say, you are not helping him or her by keeping suicide plans to yourself. Tell a trusted adult.
3. **Avoid minimizing his/her problems** or saying that it will be okay. The best thing we can do for someone who is suicidal is to acknowledge his or her pain, listen, and get him or her help.
4. **In an EMERGENCY, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).**

## ACT!

**A**cknowledge that you are seeing warning signs and that it is serious

**C**are let your friend know how much you care about them

**T**ell a trusted adult that you are worried about your friend

### \*SOS (Signs of Suicide)\*

