



## KCA TOOL BOX TALK: Suicide Prevention

### 5 TIPS TO HELP SOMEONE IN CRISIS

#### Signatures

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#### **Ask Direct Questions**

Even though it's hard, ask a person directly if they're thinking about suicide.

#### **Listen to their Answers**

People with suicidal thoughts often feel alone, so be sure to let them know that you care deeply about what they have to say.

#### **Do a Safety Check**

If you're concerned for their well-being, try removing anything they could use to harm themselves, such as alcohol, drugs, medications, weapons, and even access to a car.

#### **Don't Keep it a Secret**

Let them know you'll help come up with a plan that involves telling a professional who can utilize the many services and resources available to help.

#### **Ensure they Seek Professional Help**

Unless you work in the mental health industry, it's important to suggest they seek additional help from other people, such as a doctor, counselor, psychologist, or social worker.