Vermonters Are With You

Suicide is Preventable You can help, by getting help.



VERMONT

It is scary when a friend or loved one is thinking about suicide.

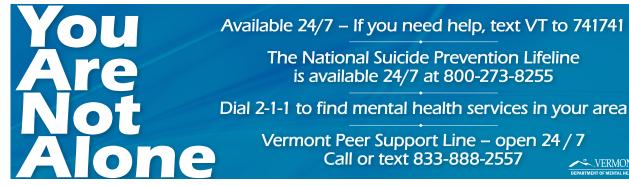
If someone you know is having a hard time, you can be the difference in getting them the help they need.

You can help, by getting help.

#BeThe1To promotes five action steps to help you communicate with someone who may be thinking of suicide. The five steps are supported in the field of suicide prevention.

- 1. Ask directly if the person is thinking about suicide, then listen to the answer without judgment. If someone says they are thinking about killing themselves, get help by calling 1-800-273-8255 or 9-1-1.
- 2. Keep them safe by removing their access to lethal means. This may mean removing medications and poisons from easy access or removing firearms from the home.
- 3. Be there. Be present for them by making an emotional connection and letting them know that you care.
- 4. Help them connect to support. Make sure they have hot-line numbers and other resources programmed into their phone or written in a place where they can easily find them.
- 5. Follow up with texts, calls or online video "visits" to provide ongoing support. To find out more about the Five Action Steps click here.

Remember, Vermonters Are With You.



Click here or Google Vermont Department of Mental Health, for more information.