

# Vermonters Are With You

Suicide is Preventable  
You can help, by getting help.



## 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.

**You  
Are  
Not  
Alone**

Available 24/7 – If you need help, text VT to 741741

The National Suicide Prevention Lifeline  
is available 24/7 at 800-273-8255

Dial 2-1-1 to find mental health services in your area

Vermont Peer Support Line – open 24 / 7  
Call or text 833-888-2557



Click [here](#) or Google Vermont Department of Mental Health, for more information.