

FIND YOUR ROLE IN SUICIDE PREVENTION

At work, at home, at school, and in our community -
anyone and everyone can help to:

Learn the warning signs of suicide and take action for suicide prevention -
Visit www.suicideispreventable.org and www.takeaction4MH.com to learn more and spread the word.

- If you **notice signs** of suicide, talk to the person about your concerns and ask directly: “Are you thinking about suicide or feeling that life may not be worth living?” **Communicating openly** about suicide and asking about suicide has been shown to be lifesaving. It encourages people to seek help, promotes a sense of belonging and connects people to care.
- Encourage someone who is thinking of suicide to call the Suicide & Crisis Lifeline at 988 or **reach out** to another resource. You can also call to learn more about how to help.



Use effective messaging and language - Whether you are a member of the media, designing a brochure, or posting on social media, one part of reducing stigma and promoting safety is to use best practices in messaging and use non-stigmatizing language when talking about suicide prevention, attempts, and losses.

Visit theactionalliance.org/messaging or suicidepreventionmessaging.org to learn more.

PROMOTE, SUPPORT, AND PARTICIPATE IN SUICIDE PREVENTION TRAININGS AND PRESENTATIONS

- Search for in-person and virtual training opportunities and resources in your area.
- Ask for a community presentation for your school, organization, or workplace.
- Learn about resources for someone thinking of suicide, someone who has attempted, and those who have lost someone to suicide—many people want support, but may not know where to start looking.

REDUCE ACCESS TO LETHAL MEANS FOR SUICIDE

Means safety is about limiting a person's access to means by which they may cause themselves harm. This is a practical, lifesaving approach to prevent suicide by making the environment safer for someone who is or may become suicidal, as well as after a suicide attempt.

- Participate in Counseling on Access to Lethal Means or other trainings for means safety.
- Visit strivingforsafety.org to learn more about means safety steps anyone can take, including:
 - Keeping medications securely stored; disposing of unused, unwanted, or expired medications
 - Reviewing the steps to respond to a suspected drug overdose.
 - Keeping guns securely stored and learning about local laws/options for firearm storage outside the home.



SUPPORT SUICIDE PREVENTION IN THE WORKPLACE

- Strive for Personnel, PTO, and EAP policies and practices that promote employee and workplace mental health before, during, or after a crisis.
- Provide and/or promote employee and manager training on suicide prevention, intervention, and means safety.
- Develop a plan and prepare with workplace and community resources for after a suicide attempt or loss.
- Normalize conversations about mental health; promote resources for help, like the 988 Suicide & Crisis Lifeline.



LEARN MORE ABOUT STATE AND LOCAL SUICIDE PREVENTION EFFORTS

- Search online to find information about your local suicide prevention efforts – many communities are active in this!
- Learn about and support federal, state, and local legislation that promotes suicide prevention activities.
- Find more information about California's current Plan for Suicide Prevention: mhsaac.ca.gov/initiatives/suicide-prevention