



Hope



"My life is better with you in it." — Victoria Michaels

Talking to someone who's at risk of suicide

Are you concerned that someone you know may be thinking about suicide? Maybe they've made comments about dying. Or perhaps you've noticed a change in their behavior.

Get help. The resources below can provide you with helpful information. And if you're not sure who to contact, try calling:

- **Us.** We have counselors available to you around the clock.
- **988.** A counselor will connect the person at risk to the nearest crisis center.
- **911.** If a person is at immediate risk of harm reach out to **911** for help. They may send an ambulance to take them to the local hospital, which will connect them to resources.

Talking to people at risk shows you care and that could make all the difference.

You could save a life. Visit your member website and click [Services > Talk Saves Lives](#) online training to learn more today.

Remember: You can call us 24/7 to talk about any issues you may be facing.



[Talking with someone who's depressed or having thoughts of suicide video](#) | [Transcript](#)



[Helping a suicidal coworker](#)

Resources *for* Living®

The Talk Saves Lives online training was developed by the American Foundation for Suicide Prevention.

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