

**T**AKE IT SERIOUSLY

**A**SK QUESTIONS

**G**ET HELP

Most people who are thinking of taking their own lives tell a friend first.

Would you know what to do if you were face-to-face with a friend in suicidal crisis?

Remember TAG, You're It!  
You might just save a life.

## Where to find help:

**(800) 273-TALK (800-273-8255)**  
National Suicide Prevention Lifeline

**(866) 488-7386**  
The Trevor Project helpline for LGBT youth  
[www.TheTrevorProject.org](http://www.TheTrevorProject.org)

[www.ReachOut.com](http://www.ReachOut.com)

[www.HalfOfUs.com](http://www.HalfOfUs.com)

[www.HereForYouth.com](http://www.HereForYouth.com)

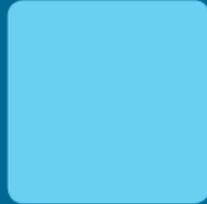
[www.GrantHalliburton.org](http://www.GrantHalliburton.org)

**TAG, You're It!** is a program of the  
Grant Halliburton Foundation.



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YOU'RE IT!

## Learn to recognize the warning signs of suicide.

- Feeling hopeless
- Drastic changes in behavior
- Impulsiveness, recklessness, risk-taking
- Aggressive behavior, rage, uncontrolled anger
- Preoccupation with death or suicide
- Giving away possessions
- Loss of interest in appearance
- Increased use of alcohol or drugs
- Withdrawal from friends and family
- Extreme anxiety or agitation
- Recent stress like loss of a relationship, unplanned pregnancy, victim of bullying or family conflict
- Previous suicide attempt or exposure to another's suicidal behavior
- Comments like "I don't think I can take it anymore" or "People would be better off without me."

## Know what to do.

### TAKE IT SERIOUSLY

- Listen. Don't judge. Don't act shocked or angry.
- Let the person know that you care and he or she is not alone.
- Explain that depression can be treated and that no matter how awful the problems seem, they can be worked out.
- Never agree to keep a person's suicidal thoughts or plans a secret.

### ASK QUESTIONS

- Don't be afraid to ask if a person is considering suicide.
- Be direct. Ask if he or she has a particular plan or method in mind.
- Talking openly about it is the first step to getting help.

## Take action.

### GET HELP

#### If the situation is life-threatening:

- Call 911 or a crisis help line.
- Go with the person to the nearest emergency room.
- Take away anything that could be harmful.
- Do not leave the person alone until help is available.

#### If the situation is not life-threatening:

- Try to get the person to agree to talk to someone.
- Call a parent or other trusted adult who can help.
- Offer to go with them to talk to a parent, school counselor, or other trusted adult.
- Stay in touch.