SOMETHING THEY SAID SCARED YOU?

START HERE.

1. BREATHE. One slow breath. You do not need perfect words.

2. ASK. "Are you thinking about suicide or hurting yourself?"

3. LISTEN. Stay calm. Believe them. Let them talk.

4. STAY. If they may not be safe, do not leave them alone.

5. GET HELP. Tell a trusted adult now. Do not keep a safety secret.

IF YOU'RE SCARED FOR THEM, IT IS OKAY TO GET HELP.

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WHAT DO I SAY?

YOU DO NOT NEED THE PERFECT WORDS.

"I'm glad you told me."

"I believe you."

"I'm here. I'm staying with you."

"You don't have to explain it perfectly."

"I care about you too much to keep this secret."

"We're getting someone who knows how to help."

LISTEN MORE THAN YOU TALK. TAKE THEM SERIOUSLY.

GET HELP NOW

YOU CAN CALL BECAUSE YOU'RE WORRIED ABOUT A FRIEND.

988

CALL OR TEXT 988

Put it on speaker. Stay with your friend.

Let the counselor help guide the next step.

MAINE CRISIS LINE **1-888-568-1112**

IMMEDIATE DANGER / IMMEDIATE RISK OF HARM -> CALL 911

STAY WITH THEM WHILE HELP IS BEING CONNECTED.

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DON'T MISS THE MOMENT

JOURNEY ON.
NEVER YIELD.

IF IT SCARES YOU OR FEELS DIFFERENT, TAKE IT SERIOUSLY.

WORDS:

- **"I want to die."**
- **"You'd be better without me."**
- **"I can't do this anymore."**
- **"There's no point."**

CHANGES:

- suicide / self-harm talk
- giving things away / goodbyes
- sudden withdrawal / mood change
- a plan / research / dangerous risks

YOU DO NOT HAVE TO BE CERTAIN BEFORE YOU GET HELP.

TELL A TRUSTED ADULT.



YOUR JOB IS NOT TO FIX THEM.

YOUR JOB IS TO HELP THEM REACH HELP.

BREATHE.

STAY.

LISTEN.

ASK DIRECTLY.

GET AN ADULT.

CALL OR TEXT 988.

HOLD ON FOR 77 MORE. THEN 77 MORE.

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