If you think someone is thinking about suicide--assume you are the only one who will reach out. 
1. Talk to them in private.
2. Listen to their story.
3. Tell them you care about them.
4. Ask if they are thinking about suicide.
5. Encourage them to seek treatment or to contact their doctor or therapist. 

American Foundation for Suicide Prevention 

Lifesavers Manual 
American Foundation for Suicide Prevention

If somone you know is thinking about taking their life, take it seriously. Suicidal thoughts can be a life-threatening health condition. let them know their life matters to you. Help them create a safe environment by offering to remove lethal means. Help them find treatment. 

Avoid
* Debating the value of life.
* Advice to fix it.
* Minimizing their problems. 

Resources
* Find a behavioral health provider: find.treatment.samhsa.gov
mentalhealthamerica.net

* Visit - Psychiatric Hospital, walk-in Clinic, Emergency Department, Uregent Care Center

* Call 911 for Emergencies

* National Suicide Prevention Lifeline 1-800-273-TALK (8255)

* Crisis Text Line - 741-741

* CrisisChat.org


**Community Resources:**

**Benton County Crisis Line: 1-888-232-7192 Parent Help Line: 1-800-345-5044**

**Linn County Crisis Line: 1-800-304-7468 Oregon Youth Line: Text “teen2teen” to 839863**

**Crisis Hotline for Youth and Families: 1-800-999-9999 National Suicide Prevention Lifeline: 1-800-273-8255**

**Crisis Hotline for Youth: 1-800-448-4663**

**Trillium Family Services: 1-888-333-6177**