

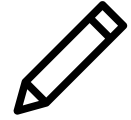
LEARN THIS STEPS TO HELP SOMEONE THINKING ABOUT SUICIDE

L

LOOK FOR SIGNS

Warning signs can include thoughts/feelings, behaviors, and experiences. They can be different for different people, so it's best to follow the LEARN steps when you see:

- *Change in someone's usual personality, outlook on life; sleep issues, withdrawing from friends/activities.*
- *Increased feelings of hopelessness, anger, depression, shame; or an increase in behaviors like substance use, risk taking, self-harm.*
- *warning signs appear related to a painful event, loss, or change*



E

EMPATHIZE AND LISTEN

- Just listen. Those who have struggled say this helped them the most.
- Offer compassion, not advice. Avoid judgment and accept their feelings.
- Validate their suffering, "I can see you're in a lot of pain. Thank you for telling me."
- Summarize what you heard: "So, you're feeling...(alone, hopeless). This sounds overwhelming."



A

ASK ABOUT SUICIDE

- Asking about suicide will NOT plant the idea in someone's mind.
- Ask calmly, in a straightforward way: "Are you thinking about suicide?" or, "Are you thinking about killing yourself?"
- Another way to ask is: "Sometimes when people feel...(alone, hopeless), they are thinking about suicide. Are you thinking about suicide?"



R

REDUCE THE DANGER

- If they say yes, ask "Do you have a plan?"; if they have a plan, ask: "Do you have a way to carry out your plan?"
- Remove or lock up firearms and medications. In crisis, lock up belts, ropes, knives, chemicals. Report any concerning social media posts
- Remember: putting time and distance between someone thinking about suicide and the means they may use to end their life can help prevent suicide.



N

NEXT STEPS

- Together, call/text/chat our suicide crisis hotline +254703388130.
- You can also call a faith leader, elder, friend, or family member.
- Stay with the person in crisis if it is safe for you to do so.
- If someone is in imminent danger, calling 911 may be necessary

