



Question. Persuade. Refer.

Ask a question, save a life.

Warning signs of suicide:

- Overt or coded threats of suicide
- Statements revealing a desire to die
- Previous suicide attempts
- Suicide of a friend or loved one
- Acquiring a gun or stockpiling pills
- Making final arrangements
- Giving away prized possessions
- Alcohol or drug abuse
- Sudden changes in behavior or unexplained anger
- Prolonged depression

Ask the Question

To save a life:

- Notice the warning signs – don't worry about being disloyal.
- Reach out. Ask the question – it does not increase risk.
- Listen. Offer hope. Talk things out. Don't promise to keep it secret.
- Get others involved – you don't need to do everything yourself.
- Don't believe the myths – people who talk about killing themselves are at the same risk as those who don't talk about it.
- If persuasion fails, call the Crisis Resource Center Mobile Acute Crisis Team (MAC) at: 520-622-6000 or call 911.

Question: “Are you thinking about killing yourself? Do you have a plan?” Don't hesitate to ask.

Persuade: Listen carefully, and then say, “Let me help.” Or, “Come with me to find help.” Or, “Would you be willing to agree not to hurt yourself until we can find some help?”

Refer: Call a crisis line, counselor, friend, rabbi, minister, teacher, coach, a child's parent or adult, or anyone supportive. Use the resources below.

Resources:

- Crisis Resource Center: 520-622-6000
- 800-273-TALK (8255)
- 800-SUICIDE (784-2433)
- Tucson Warm Line: 520-770-9909
- COPLINE: 800-COPLINE (267-5463)
- Text BLUE to 741741 (Police)
- Safe Call Now: 206-459-3020 or 877-230-6060 (Public Safety Personnel)
- Share the Load: 888-731-3473 (Fire)
- Cop 2 Cop: 866-COP-2COP (866-267-2267)