

Journey to Wellness — A free self-guided healthy living program

# Suicide prevention and awareness checklist

**Suicide** affects people from all walks of life. Most people want to live, but some just can't find alternative solutions during dire situations. You can help prevent suicide by asking someone who is struggling if they are considering suicide, connecting with them or encouraging them to seek professional help.

Check off the items below to take action and help save a life.

- Share suicide prevention blogs on your social media page(s).** Several blogs are available at [mayoclinichealthsystem.org/topics/suicide-prevention](https://mayoclinichealthsystem.org/topics/suicide-prevention)
- Print a 988 poster and share it with organizations in your community.** People having suicidal thoughts can call the 988 Suicide and Crisis Lifeline at 988 or chat at [988lifeline.org](https://988lifeline.org). Search [SAMHSA.gov](https://www.samhsa.gov) for [printable 988 posters](#) and drop them off at a local business, school, library or coffee shop.
- Educate yourself on suicide prevention.** Learn the risk factors, warning signs and what to do to help. In-depth courses such as [Mental Health First Aid](#) are available for you, the community or your place of work.
- Reach out to a friend or family member who may be struggling.** A phone call, text or note card can make a difference to someone. Help them feel connected and supported and remind them about external help resources.
- Practice your suicide prevention conversation.** Think through how you would help others if the need arises. Consider how you might:
  - Ask if they are considering suicide
  - Listen without judgment
  - Become familiar with resources
  - Offer to help seek professional help
- Get involved with suicide prevention.** Consider attending a suicide prevention event or cause, like a walk in your community. Go to [nami.org/get-involved](https://nami.org/get-involved) to find local activities.

Adapted from [Awareness, intervention help prevent suicide](#).

