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BLOG

Worried About Someone? What to Say and Do

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Words You Can Use

- "Are you thinking about suicide?"
- "I am here, and I am listening."
- "Let's call 988 together."

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Keep Them Safe

- Ask whether they have a plan
- Put distance between them and lethal items
- Stay with them if it is safe

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Where to Turn

- Call or text 988 any hour
- Veterans: dial 988 and press 1
- Immediate danger? Call 911

Read the full article

Warning Signs of Suicide and How to Help Someone

hopebehavioralmedicine.com

(843) 737-0312

General information, not medical advice. If you or someone you love is struggling, call or text 988. If someone is in immediate danger, call 911.