



WELLNESS TOOLS / SUICIDE PREVENTION

They Said Yes. What Now?

A “yes” is not the end of the conversation. It tells you to stay, listen, and help connect.

5 MIN

Small enough to use today. Practical enough to use again.

You do not have to become a counselor. Your job is to take the person seriously, help them stay safer right now, and connect them with support.

Use the 5 Action Steps

ASK Clarify what they are thinking. If appropriate, ask whether they have a plan or immediate access to something they could use to hurt themselves.

BE THERE Stay present and listen without judgment. Do not leave someone alone when you believe danger may be immediate.

HELP KEEP THEM SAFE Work collaboratively to create time and distance from highly lethal methods or places. In a crisis, safer temporary storage of firearms or medications may be part of the plan.

HELP THEM CONNECT Call or text 988 together, involve a trusted support person, or connect with a mental-health professional. If there is immediate danger, call 911.

FOLLOW UP Check back in. Ongoing supportive contact matters.

Remember

Do not agree to keep a suicide plan secret. You can care about someone and still bring in additional help.

Write it down

Who could I contact for backup/support?

Need support now? Call or text 988 or chat at 988lifeline.org. If there is immediate danger or a medical emergency, call 911.