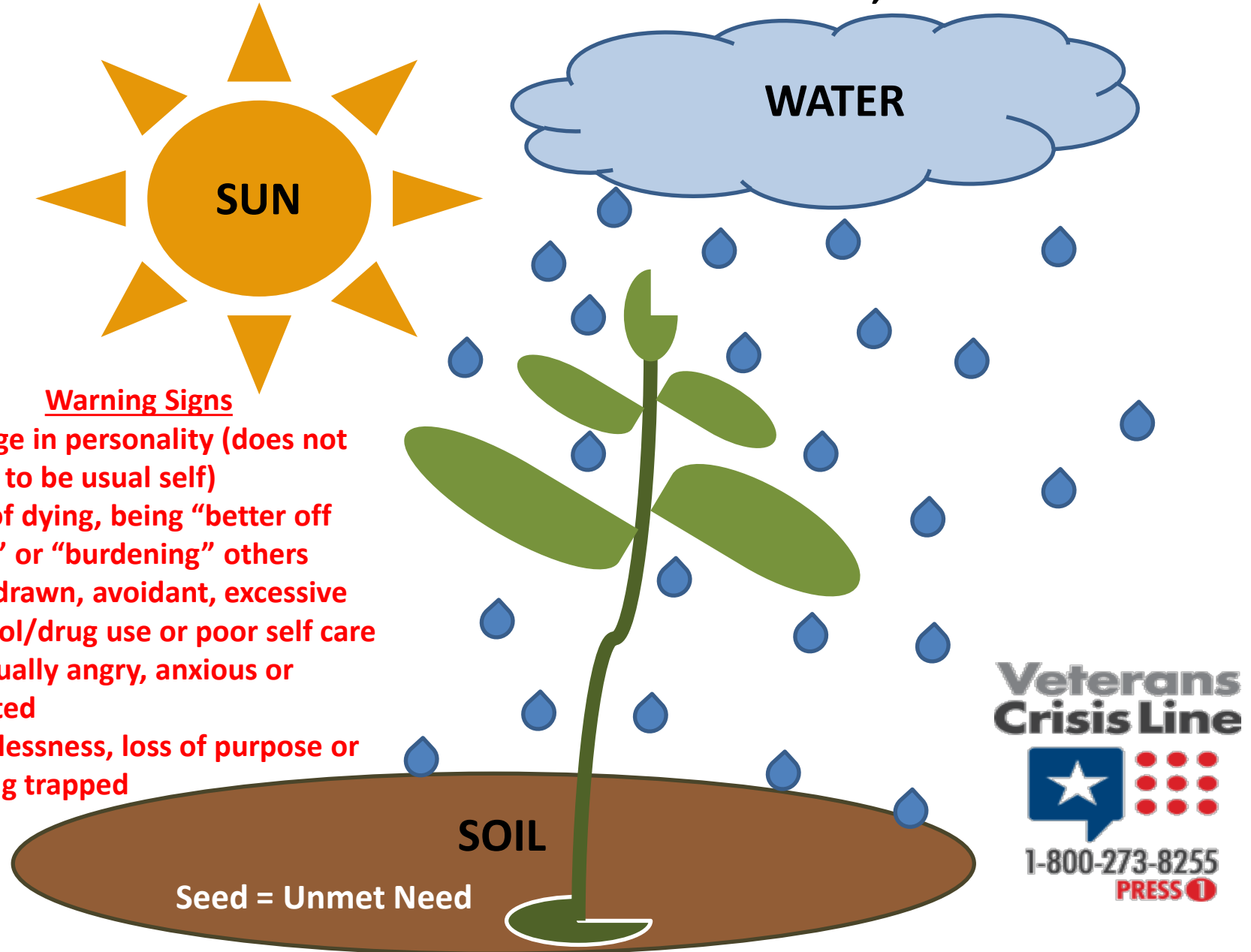


Suicide Prevention: Start the Conversation, Save a Life



Warning Signs

- 1) Change in personality (does not seem to be usual self)
- 2) Talk of dying, being “better off dead” or “burdening” others
- 3) Withdrawn, avoidant, excessive alcohol/drug use or poor self care
- 4) Unusually angry, anxious or agitated
- 5) Hopelessness, loss of purpose or feeling trapped

**Veterans
Crisis Line**



1-800-273-8255
PRESS 1

VA Suicide Prevention Coordinator: Joseph Hunter, (518) 626-5329

STEP 1
Prepare your thoughts

WELCOME

NUDGE

- To recognize something's up
- To consider seeking help
- To reach out for help

UNCOVER

- Go beyond, "I'm good" to reveal the truth
- Identify the feeling (fear, etc.) and thoughts

STANCE

- Come from a place of care and concern
- Offer nonjudgmental support
- Provide honest feedback

SAY SOMETHING

- Start the conversation (don't be passive)
- "I noticed that you're not yourself lately"

OBSERVE

- Use a "You seem" statement – then use a neutral description such as "distant" or "distracted" or "stressed"

INQUIRE

- Use open ended questions
- "What's going on?" or "What's on your mind?"

LISTEN

- To body language and tone of voice
- What thoughts are revealed?
- What feelings are revealed?

These Building Blocks, now Transformed into 3 Steps, are Your Tools to CULTIVATE HOPE!



ASK

- The shared information
- Invite him/her to say more
- Repeat back what is said

- Seek to understand his/her perspective
- "Are you thinking about taking your own life?"

TIE TOGETHER

- Summarize: relate his/her thoughts to the feelings & to your original observations

EDUCATE

- Discuss VA, faith-based & other local resources
- Provide literature, key chains, wrist bands, etc.

REFER

- Encourage treatment
- Review options & recommend one option
- Directly connect to help

STEP 3
Complete the process

STEP 2
Start the conversation