

SUICIDE PREVENTION | FOLD & SHARE

Two wallet cards • print one-sided • finished folded size: 3.5 × 2 inches

NOTICE THE SIGNS

Talking about dying or being a burden
Withdrawing or saying goodbye
Making a plan or giving away items

ASK DIRECTLY:

"Are you thinking about suicide?"

CONNECT TO HELP

988

Call or text 988

988lifeline.org

Listen without judgment.
Help connect them with support.

Immediate danger: call 911

CUT OUTER BORDER • FOLD AT CENTER DOTTED LINE

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Talking about dying or being a burden
Withdrawing or saying goodbye
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ASK DIRECTLY:

"Are you thinking about suicide?"

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HOW TO SUPPORT SOMEONE

1. Ask directly and calmly about suicide.
2. Listen without judgment and take concerns seriously.
3. Help them contact 988 or a healthcare professional.
4. If danger is immediate, call 911.

PRINT & FOLD

Print at 100% / Actual Size. Cut around each card and fold on the dotted line.

Fold with text facing outward. Glue the blank sides together if desired.

Free educational resource • www.vitalityedu.org

This resource does not replace professional or emergency care.