



Suicide Awareness & Conversation Toolkit | *Tip sheet*

Practical Tips for Suicide Prevention and Making Hope a Habit

Before you read: This content talks about suicide prevention. Some linked sources may include sensitive topics. Our goal is to raise awareness, promote prevention and care for readers' well-being.

Suicide prevention is not only the job of professionals. Everyone can help. Whether you support a loved one or care for your own mental health, small daily actions can make a difference. While we cannot control another person's choices, we can model habits that support hope and have ripple effects.

Practice Positive Words Every Day: Using kind and positive words can support mental health. Saying phrases like "I care about you" or "I'm glad you're here" can remind others they matter. If someone shares something personal about their mental health, say, "Thanks for sharing that with me," or "That makes sense." These phrases are validating and show you believe in the person as they see their world.

Check in with Others — It Can Save a Life: A call or text can mean more than you think. Reaching out shows care and support. Even a short message can lift someone's mood. Regular check-ins help people feel connected, and research shows connection can lower the risk of suicidal thoughts.

Build and Protect Social Connections: Strong relationships support both mental and physical health. Spending time with friends, family or coworkers helps reduce stress and loneliness. Staying connected can lower the risk of depression and anxiety and improve overall well-being.

Take Part in Your Community: Being involved in community life builds purpose and belonging. Group activities, volunteering or local events help people feel connected. Feeling part of a community can lower feelings of sadness and worry. Stories of hope, recovery and connection can be contagious.

Talk Openly about Mental Health: Make space for honest conversations. Asking simple questions like "Do you want to talk?" can open the door to support. Talking about mental health helps reduce stigma and reminds others that they are not alone. When hope becomes part of daily life, it can help protect lives and strengthen communities.

#StopSuicide

If someone is in crisis, encourage them to call the **Suicide and Crisis Lifeline** at 988 or 800-273-8255. Help is free, private and available all day, every day.

Reviewed by Clinical Consultant, LMHC.

Call 911 if someone is in immediate danger or a life-threatening emergency requiring immediate physical intervention. If you or someone you know is struggling emotionally, feeling overwhelmed, anxious, hopeless, in crisis, or simply needs someone to talk to, call or text 988 for free, confidential support 24/7. The 988 Lifeline is available to anyone in the United States or U.S. territories. People do not have to be suicidal or in immediate danger to call or text 988. There is also a chat feature available on 988lifeline.org. Lucet members can contact us to connect with free resources and find care.

