



Responding to a Member who may be at risk for suicide

- > **Stay Calm**
- > **Take threatening comments seriously.**
- > **Know how to ask directly:** “Are you thinking of killing yourself?”
- > **Know (in advance)** the community referral resources available for mental health crisis intervention and firmly connect the member with appropriate resources.
- > **Provide Support and care** to family and friends affected by the crisis.
- > **People can call or text 988 or chat 988lifeline.org** for themselves or if they are worried about a loved one who may need crisis support. 988 offers 24/7 access to trained crisis counselors who can help people experiencing mental health-related distress. That could be:
 - Thoughts of suicide
 - Mental health or substance use crises
 - Emotional distress
 - And other reasons to connect
- > **Accompany the individual** to the hospital or other clinical professional.

Visit [Faith.Hope.Life.](https://Faith.Hope.Life) for more information.