**Ask a question, save a life.**

Q P R

**Q:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the person about suicide

* Does he or she have thoughts, feelings or plans? Don’t be afraid to ask to see if the person is really thinking about suicide

**P:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the person to get help

* Listen carefully. Then say, “Let me help,” or “Come with me to find help.”

**R:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for help.

* If the person is a child or adolescent, contact any paren t or other adult. Call your minister, rabbi, tribal elder, teacher, coach or counselor. Call a community resource number listed on this card.

**To Save A Life:**

* Realize someone might be suicidal.
* Reach out. Asking a suicide question does not increase risk.
* Listen. Talking things out can save a life.
* Don’t promise secrecy and don’t worry about being disloyal
* Don’t try to do everything yourself. Get others involved.
* Tell a trusted adult or call a hotline or community resource

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**Some warning signs include:**

* Sudden or extreme changes in moods or personality
* Prolonged depression
* Consistent low energy level
* Avoidance of activities with friends or family
* Taking greater risks than usual
* Alcohol and drug abuse
* Giving away prized possessions
* Talking about death or making suicide threats

**\*The more clues and signs observed, the greater the risk**

**Community Resources**

Nationwide Suicide Prevention Lifeline

1-800-273-TALK (8255)

Local Crisis Line

801-587-3000

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