



ask



listen



refer



A suicidal crisis can be unsettling, painful and overwhelming.

Many people have never directly dealt with a suicidal person, and when such a situation presents itself, they are likely to feel helpless and unprepared to help.

Suicide is a Public Health Problem. Let's Change this and Make Missouri Safer.

You can learn how to save a life and prevent suicide by taking the Missouri Ask Listen Refer (MOALR) training today. MOALR is a free, online training program designed to help Missourians prevent suicide by learning how to identify people at risk for suicide, recognize the risk factors and warning signs of suicide, and respond to and get help for people in need. MOALR is endorsed by the Missouri Suicide Prevention Network (MSPN), a coalition working to lead efforts in statewide suicide prevention.

Who could benefit from MO Ask Listen Refer?

- Family Members
- Volunteers
- Parent/Teacher Groups
- Faith Leaders
- Barbers & Beauticians
- Restaurant Staff
- Convenience Store Staff
- Sales People
- School Support & Admin Staff

See the training and get more information at moasklistenrefer.org!

In an Acute Crisis

If you are concerned someone you care about might be thinking about suicide right now:

- **Dial 911** and ask the dispatcher to send a CIT officer to help you

Call:

- **National Suicide Prevention Lifeline:** 1-800-273-8255(TALK) for support
- **Trevor Project Lifeline:** 1-866-488-7386 for LGBTQ support
- **Veteran's Suicide Prevention Lifeline:** 1-800-273-8255, then press 1 at the prompt

Text:

- **MOSAFE to 741-741** and connect with a trained volunteer at Crisis Text Line

Remember to stay with the person (or on the phone) until help is available.

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Know the Warning Signs:

Although most depressed people are not suicidal, most suicidal people are depressed - know the warning signs of depression:

- Feelings of worthlessness or guilt
- Pessimism
- Hopelessness
- Loss of interest/pleasure in formerly enjoyable activities
- Change in appetite or weight
- Sleep problems
- Helplessness
- Anxiety
- Social withdrawal
- Decrease in sexual drive
- Fatigue or loss of energy
- Diminished ability to think or concentrate, slowed thinking or indecisiveness
- Thoughts of death, suicide, or wishes to be dead
- Unrelenting low mood

There are other signs that someone may be considering suicide

- Increased use of alcohol and/or other drugs
- Recent impulsiveness and taking unnecessary risks
- Current talk of suicide, expressing strong wish to die, or talking about wanting "pain" to end
- Making a suicide plan
- Giving away prized possessions
- Saying goodbye to friends/family
- Purchasing a firearm
- Obtaining other means of killing oneself

What to Do

Ask and listen. Talking about the person's thoughts openly and frankly can help prevent a person from acting on them. This may include asking if the person has a particular plan or method in mind.

You might think mentioning suicide may give the person the idea but this is highly unlikely; if someone is showing warning signs of being suicidal, he or she has, in all likelihood, already thought about it.

Give hope. Sometimes people can't think of any other solutions to what is causing the distress. You can acknowledge that the person currently feels hopeless but also convey that things can get better and there are other options. You may even be able to offer some alternative actions.

Do not attempt to argue anyone out of suicide. Rather, let the person know you care and understand, that he or she is not alone, that suicidal feelings are temporary, that depression can be treated, and that problems can be solved. Avoid the temptation to say things such as, "You have so much to live for," or "Your suicide will hurt your family or friends."

Be genuine. If professional help is indicated, a person is more apt to follow such a recommendation if you have genuinely listened to him or her.

Refer Person to Seek Professional Help

Be actively involved in encouraging the person to see a physician or mental health professional immediately. Individuals contemplating suicide don't believe they can be helped, so you may have to do more such as offering to go with the person to his/her appointment.

Visit moasklistenrefer.org TODAY and help make Missouri safer!

Sponsored by the Missouri Department of Mental Health