



Resources *for* Living®

What to do when someone close to you is hurting

It's difficult to see someone you care about hurting. It can also feel scary if that person expresses thoughts of suicide. You may worry about saying or doing the wrong thing. But you don't have to be a trained professional to offer support. Learn how to connect with someone who's at risk. Check out the resources below to learn how you can help.

Who to call for support if you or someone else is at risk:

- **Call Resources For Living** anytime to speak with a counselor and obtain resources.
- **Call or text 988** to connect with a trained professional at a nearby crisis center.
- **Call 911** for help if there is risk of immediate harm.

Learn important questions to ask and next steps to take if someone you care about is at risk. It can go a long way towards helping them stay safe and get the support they need.



Send someone hope

Life can be hard at times. If you know someone who can use an emotional lift, access inspirational quotes to share through a text message.



Impact of suicide in the workplace

Suicide is often an unexpected event, and there is not a single cause. It happens when there is a crisis point in a person's life and several stressors converge. The person sees no end to their pain. Those left behind, including coworkers, can experience strong emotions.



Register for a live webinar

Sept 26 @ 3 p.m. ET / 12 p.m. PT

Suicide is a complex health issue and a leading cause of death in the United States.¹ Understanding and talking more about it can help reduce the stigma and the risks associated with suicide.

¹Centers for Disease Control and Prevention. Facts about suicide. May 8, 2023. Accessed July, 2023.

This e-mail was brought to you by Resources For Living.