

HARD HAT COURAGE



American
Foundation
for Suicide
Prevention



Call 911 for Emergencies



988 Suicide & Crisis Lifeline

Dial 988 (Press 1 for Veterans, 2 for Spanish)

Text 988 (English and Spanish)

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Have an honest conversation.

If you're worried about someone, assume you are the only one who will reach out.

It's ok to ask directly about suicide

- Talk to them in private
- Listen to their story - avoid judgement or giving advice
- Your role is to listen and connect them to resources - encourage them to seek help or to contact their doctor or therapist
- If someone has a suicide plan, call/text 988

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