

T.A.L.K.

can effectively
help **prevent**
suicide.



LOCK
&
TALK
VIRGINIA



Take it Seriously:

Thoughts of suicide seriously shouldn't be dismissed or ignored. Recognize warning signs and seek help promptly.

Ask Directly:

Ask: "Are you thinking about suicide?"

Listen Non-judgmentally:

Create a safe space where individuals can share their feelings and experiences openly, knowing that they will be heard and supported.

Keep Talking:

Say: "I understand you're struggling. Let's keep talking and connect with ongoing supports."

Visit lockandtalk.org for more information and resources.

T.A.L.K identifies several important steps in supporting someone during a mental health or suicide crisis. Being open, asking directly about suicide, listening non-judgmentally and connecting them to help are crucial steps in keeping loved ones safe.



Scan for more information and resources.

For immediate help, contact the **988 Suicide & Crisis Lifeline** by dialing or texting 988.

Call 911 for immediate medical emergencies.