

# You Can Help!

1. Take all threats and gestures seriously.
2. Assess if your safety is in jeopardy.
3. Ask permission to secure weapon(s), including backup(s).
4. Immediately request assistance from LEPSN or the EAP.
5. DO NOT leave the person alone.
6. Help delegate necessary duties such as child care or other daily responsibilities, until the crisis has resolved.
7. When the crisis is over, get debriefed for your own peace of mind.

## AID LIFE

This acronym may help you remember what to do when assisting a person who is suicidal:

**A - Ask.** Do not be afraid to ask, “Are you going to kill yourself?” or “Are you thinking about suicide?”

**I - Intervene immediately.** Take action. Listen and let the person know he or she is not alone.

**D - Don’t keep it a secret.**

**L - Locate help.** Seek out professional help.

**I - Involve Command.** If the person is imminently suicidal, be prepared to involve a supervisor to save his or her life.

**F - Find someone to stay with the person now.** Don’t leave the person alone.

**E - Expedite.** Get help now. An at-risk person needs immediate attention from professionals.