

CHATS

save lives

If someone is showing signs of distress or acting differently from their usual self, it's important to:

- ▶ **Connect with them.** Ask how they're doing and how you can help.
- ▶ **Hear and see them.** Listen. Validate their feelings.
- ▶ **Act on ways you can help** right now. Sit with them.
- ▶ **Take talk of suicide seriously.** Believe them. Keep checking in.
- ▶ **Share and escalate concerns** with your team and support services.

