

What to Do if You're Worried About a Friend's Safety

Do you know someone who is talking about harming themselves?

Even though it can feel scary and uncertain, the best option is to **reach out for help** from an adult. Your friend might say they are not ready for others to know, but keeping this from adults is unsafe for your friend. You can help by contacting someone who will know what to do – it could save your friend's life.

If a friend is talking about hurting themselves or others:

- Remain calm. Help is available for both of you.
- Listen to your friend without judgment, and encourage them reach out to an adult.
- If you think your friend may be in immediate danger, call 911.
- Tell a trusted adult right away – a parent, teacher, counselor, principal, or any health professional. Let your friend know you don't feel comfortable keeping your concern private.
- **Call a lifeline.** Tell your friend about a lifeline, call them together or on your own for help. A professional can help you determine next steps to keep your friend or others safe.

National Suicide Crisis Lifeline: Call or text **988**

The Trevor Project for LGBTQ+: Call **866-488-7386** or text **678-678**

Trans Lifeline: **877-565-8860**