How to help someone who may be thinking about suicide.

You do not need to be an expert. Staying calm, asking directly and connecting someone to help can save a life.

In danger right now? Call 911. For support at any hour, call or text 988 (Spanish: press 2. Veterans: press 1). Chat at 988lifeline.org.

Know the signs

- Talking about wanting to die or being a burden
- Hopelessness or feeling trapped
- Pulling away from friends and family
- Giving things away or saying goodbye
- Drinking or using drugs more
- Big mood changes, including sudden calm after a hard stretch
- Looking for ways to end their life
- Recent loss, job loss, breakup, legal trouble or a health diagnosis

What to do

1. **Ask directly.** "Are you thinking about suicide?" Asking does not plant the idea. It shows you can handle the answer.
2. **Keep them safe.** Ask if they have a plan. Help secure or remove firearms, medications or anything else they could use. Do not leave them alone if danger is close.
3. **Be there.** Listen without judging, arguing or trying to fix it. Silence is okay.
4. **Help them connect.** Call or text 988 together, or help them reach a doctor, counselor, faith leader or someone they trust. Offer to go with them.
5. **Follow up.** Check in the next day and the next week. Staying in touch lowers risk.

Helpful words

SAY "I am glad you told me."

SAY "You are not alone. I am here."

SAY "I care about you. Can we call 988 together?"

SAY "Tell me more about what is going on."

Please avoid

AVOID "You have so much to live for." It can feel dismissive.

AVOID Arguing about whether life is worth living.

AVOID Promising to keep a safety risk secret.

AVOID Acting shocked or angry.

AVOID Handling it alone when they are in danger.

Numbers to share

Emergency	**911**	988 Suicide and Crisis Lifeline	**call or text 988**
Birmingham Crisis Center	**205-323-7777**	Crisis Text Line	**text HOME to 741741**
Veterans Crisis Line	**988, press 1**	LGBTQ+ youth (Trevor Project)	**1-866-488-7386**

Take care of yourself too. Helping someone in crisis is heavy. Talk to someone you trust afterward. You can call or text 988 for yourself too.

Find local help in all 67 Alabama counties

Scan for shelter, food, rent and power help, recovery, veterans, legal aid and Spanish-language help, plus guides on how to help.

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Information last reviewed November 2026. This sheet is general guidance, not medical, legal or mental health advice. In an emergency, call 911. Numbers change, so confirm before you share. Free to print and share. the br project, Birmingham, Alabama.