What Can We Do

_We don’t know who._ It could be a best friend. It could be Dad. It could be a co-worker. _We don’t know when._ Today. Next year. A man in our life may experience a crisis. More men die by suicide than any other group of people. Suicide is preventable. It is very important that men experiencing depression, alcohol/drug addiction, or suicidal thoughts to get professional help.


**Active Listening:** Listen to what he says. Be there. Don’t judge him. Acknowledge what he is going through. Don’t make jokes. Tell him you care. Be genuine. Don’t tell him to “snap out of it.” Stay calm. Don’t try to cheer him up. Don’t be afraid to ask him about his intentions and plans.

**No Secrets:** Don’t promise to keep this secret. Don’t do it on your own. Find someone he can trust. Someone who can provide additional support like a family member, friend, family doctor, coach, counselor, or pastor. Don’t wait to include someone else.

**Where to Get Help:** If you need help on what to do or if he is willing to talk to a counselor, call the National Suicide Lifeline. If anyone is in immediate danger, call 911.

**Take care of you:** Don’t blame yourself. Keep perspective. Talk to someone you trust.

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If you or someone you know is considering suicide, call the National Suicide Lifeline:

1-800-273-8255

Free, confidential help 24/7

Suicide is very much preventable. For more information, go to HelpHimStay.org.

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Be prepared. Cut out this card and keep it in your wallet.