How to support someone in crisis: 5 principles

Safety, calm, self-efficacy, connection, hope

- [ ] SAFETY: help them get to a safe place
- [ ] CALM: speak calmly; offer water; breathe slowly together
- [ ] SELF-EFFICACY: help with specific tasks, but do not take over
- [ ] CONNECTION: help them reach family and friends
- [ ] HOPE: reactions after trauma are normal, and it gets easier with time

- Say: "I'm here," "I'm so sorry," "How can I help?"
- Avoid: "Stay strong," "It could be worse"
- It is OK to ask directly about suicidal thoughts
- If there is risk, do not leave them alone; call or text 988, or 911