



# Know *What* to Do

## Offer hope.

Reassure the person that help and resources are available. Let the person know that their life is important to you and there is light at the end of the tunnel.

## Take action.

Talk about steps you can take together to keep them safe. Don't agree to keep it a secret.

## Get help.

There are a lot of services to assist you with preventing suicide. Get immediate care for someone with suicidal thoughts or feelings. Ensure the appropriate people are aware of the situation. Never try to take on the responsibility by yourself.

**Seek additional support from family and friends, neighbors, coworkers, a coach or religious leader. You can also reach out to your EAP at anytime.**

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**Your EAP is here for you & we can help. Contact us today.**

**800-EAP-4YOU (800-327-4968)**

**TTY: 877-492-7341 | [EAP4YOU.com](http://EAP4YOU.com)**