

10 MINUTES CAN SAVE A LIFE!

Suicidal crises are often short-lived—but access to lethal means can make the difference between life and death. 3/4 of suicide attempts are unplanned, and nearly half occur within 10 minutes of first thinking about it.



CRISIS PEAKING

The moment will pass

Stay away from guns, medications, and other preferred lethal means.

Pause and reset.

Make no immediate decisions.

Contact another person, or call/text 988.

STRESS INCREASING

Immediate support matters

Let someone know what's going on—you don't have to go through this alone.

Call or text 988 for crisis help.

Follow your safety plan.

Use coping skills to self-regulate: Rest, eat, sleep, distract yourself, do something kind for yourself.

RISK

CRISIS DECREASING

Practice coping and build positive connections

Find a therapist or support group near you:
www.bit.ly/WAtherapist

Learn skills to prevent future crises.

Visit NowMattersNow.org for ideas.

Find activities you enjoy to build community around you.

TIME