



If you're in crisis or distress right now:
Call the Lifeline at 800-273-8255 or Text "Help" to 741741

Putting suicide on pause

Step 1) Do you have a suicide plan right now?

If yes, please continue below. If not, then skip to Step 2 on the next page.

Do you have a **specific time** as part of your plan? If not, then go to the next question.

If yes - Can you erase the time? Can you replace the time with "idk"? Can you change it to "After <the time>"? Can you make it so the timing is still in question?

Do you have a **specific place** as part of your plan? If not, then go to the next question.

If yes - Can you erase the place? Can you replace the location with "idk"? Can you change it to "Maybe <that place>"? Can you make the location still be a question?

Do you have a **specific method** in your plan? If not, then go to the next question.

If yes - Can you erase the method? Can you replace the method with "idk"? Can you change it to "Maybe <method>"? Can you make the method still be a question?

Do you have a method you've been considering that you can **access** right at this moment? If not, then you're done with this step.

If yes - Can you get it out of your home? Can someone else hold onto it for you? Can you lock it up and have someone else keep the key or make the combination/code? Can you double lock it up (like a gun lock on a gun that's in a gun safe)? Can you disassemble it and put the parts in different places?

You're making safeguards to protect you from yourself. It should not be easy for anyone (including you) to do something that could injure you.

*Note: It's safest to get firearms out of the home if possible. However, check state laws to see who is allowed to temporarily store a gun for you.



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Step 2) We're going to make a super-simple Pre-Planning Plan.

Please complete the following sentence:

Before I start doing anything in a suicide plan, I'm going to get a second opinion by talking to

Here are some suggestions for that blank space:

Pick someone you trust. It could be a therapist, psychiatrist, primary care doctor, friend, family, priest, coach, or roommate for example. You could put the National Suicide Prevention Lifeline (800-283-8255) or the Crisis Textline (741741). Pick someone who will listen with care and offer good advice about what you might try next. You can also pick more than one person/resource. You're worth it.

Advice from NowMattersNow.org

"Sometimes people do things in the heat of the moment that they would never do otherwise... When you're on fire: shut it down." - Dr. Ursula Whiteside

When suicidal thoughts or feelings are too intense

Try to get some sleep. If you can't rest then take a cold shower or put your face in some ice-water for about 30 seconds at a time.* These things calm your emotions. Try not to panic and avoid making important decisions (ex. Deciding to die). Find someone to make eye contact with (it helps to connect with another person).

Find more tips and skills at [NowMattersNow.org](https://nowmattersnow.org)
(including videos from people who have lived through a suicidal crisis).

* Use this ice-water technique while sitting down if you might get dizzy. Also, if you have a heart condition or other health concerns, please check with a medical doctor about using the ice-water method.