



# Respond to a Friend in Crisis

#NotAlone

## Sometimes, support from peers and coping strategies aren't enough...

to keep someone safe. If your friend shares feelings of wanting to hurt or kill themselves or others, if they have a plan to do so, or if they have access to lethal means of harm, you should **reach out to a trusted adult**. If a trusted adult isn't available or if there is immediate risk of harm, **call 988 or 911** and stay with your friend until help arrives.

The friend you're worried about might say "keep this between us" or "don't tell anyone." They might become upset or angry with you if you tell someone else about your concerns. **But if you're worried about their safety, don't keep it to yourself!**

Get help ASAP. Your friend's safety is more important than any hard feelings between the two of you.

For more crisis resources...

