

CARE CRISIS RESPONSE SERVICES

Suicide is Preventable

- If someone you know mentions suicide, find out if they have an immediate plan and access to the means. If the plan is deadly, such as a gun, get immediate help. Don't leave him or her alone.
- Show the person you care, and encourage them to talk about their feelings. Listen carefully and let them know they are not alone.
- Don't be afraid to ask directly about suicide. Be clear, direct, and caring. "Are you having thoughts of suicide?"
- Don't keep thoughts of suicide a secret. Always get professional help.
- The fastest way to get help is by calling Care Crisis Response Services at:

1-800-584-3578

Mission

"Above all do no harm."

24 Hour Crisis Line:

1-425-258-4357

1-800-584-3578

TTY/TTD:

(For the hearing impaired)

1-800-846-8517



**P.O. Box 839
Everett, WA 98206-0839**

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24 Hour Crisis Line

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