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#BeThe1To Speak Up About Suicide

September is National Suicide Prevention Month

Eau Claire, WI, September 11, 2017—During Suicide Prevention Month, Eau Claire City-County Health Department is encouraging you to get involved in suicide prevention! Learn what you can do to give hope to those having thoughts of suicide and to encourage healing.

#BeThe1To is a national campaign spreading the word about the actions anyone can take to help prevent suicide. “Anyone can help prevent a suicide. It’s time we learn how to address the elephant in the room, give hope and support each other through our darkest moments,” says Chelsie Smith, Public Health Nurse. “Data shows that the majority of those who survive an attempt go on to live their lives. There is hope out there and WE can be the one to hold it,” says Smith.

The five steps in the #BeThe1To campaign are supported by evidence in the field of suicide prevention.

You can #BeThe1To:

- **Ask-** Asking someone directly “are you thinking of suicide?” shows that you’re open to speaking about suicide in a non-judgmental and supportive way. Other questions to ask: “How do you hurt?” and “How can I help?” **Do not promise to keep someone’s thought of suicide a secret.** The flip side of the “ask” step is to “Listen.” Make sure you take their answers seriously and do not ignore them.
- **Keep Them Safe-** Separate them from anything they are thinking of using to hurt themselves.
- **Be There-** Listen to their reasons for feeling hopeless and in pain. Listen without judgement and with compassion and empathy. Offer support and let them know that you have hope for them, even if they do not.
- **Help Them Connect-** to resources. Help them build a support system so they have others to reach out to for help, whether it’s the National Suicide Prevention Lifeline 800-273-TALK (8255), family, friends, clergy, coaches, co-workers or therapists.
 - **Additional resources:**
 - **Northwest Connections-** Local 24Hour Crisis Line 888-552-6642
 - **Wisconsin HOPELINE-** Text HOPELINE to 741741
 - **If there is an immediate risk of harm dial 911.**



- **Follow Up-** See how they are doing. Leave a message, send a text, or give them a call. This is a great time to see if there is more you can do for them.

Together we can prevent suicide by learning to: help ourselves, help others, seek consultation from trained providers (hotlines and clinicians) and to seek hospital care when necessary. For more information, please follow the Eau Claire City-County Health Department's Facebook page as well as <http://www.bethe1to.com/bethe1to-steps-evidence/>

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