Farm Suicide Prevention Resources

A farm suicide prevention resource guide with ordered steps for families and neighbors to notice warning signs, start a caring conversation, and connect people with crisis help.

Farm / unit: _____ Date: _____ By: _____

1. Know common warning signs
2. Take any talk of self-harm seriously
3. Ask directly and listen
4. Stay with the person
5. Call or text 988
6. Call emergency services if in danger
7. Remove means of harm if safe
8. Follow up after the crisis
9. Connect to ongoing support

YOUR NOTES

TIP If someone is in immediate danger, call emergency services, and anyone can call or text 988 for support at any time.

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