

The
**Jason
Foundation**

GET HELP
NOW

a friend
**HOW TO HELP A
FRIEND**
at risk

SAMSHA
FACILITY LOCATOR

WARNING
SIGNS

RESOURCES
FOR HELP

Disclaimer: No program can guarantee to prevent suicide. Always call 911 for emergency situations.

Would you know how
to help a friend who is
contemplating suicide?

Download **“A Friend Asks”** app and keep
on your smart-phone as a ready resource.



If in an immediate crisis, call 911. If you,
or a friend, need to talk with a counselor
for help or resources available in your
area, call the National Suicide Prevention
Lifeline (anytime 24/7 at
1-800-273-8255) or use the
Get Help Now button on the app.

www.jasonfoundation.com