

PREVENT SUICIDE

PROMOTE WELLNESS

If you're concerned that someone you care about may be having thoughts of suicide, there are steps you can take to help keep them safe.



Lock and Talk is part of a comprehensive approach to suicide prevention in Chesterfield County being implemented by the Chesterfield Suicide Awareness and Prevention Coalition in partnership with Chesterfield County Mental Health Support Services.

LOCK

Limiting access to lethal means by locking them or removing them for a person in crisis is an essential strategy for preventing suicide. Reduce easy access by locking or removing potentially dangerous items including firearms, medications, alcohol, or any other item that may pose a threat.

TALK

Talking about the problem of suicide can save lives, reduce stigma and encourage help-seeking behaviors. If someone you care about shows suicide warning signs, ask the question, "Are you thinking suicide?" Then, show you care by helping to connect them with safety resources.

If you or someone you know is experiencing a mental health crisis, call Chesterfield Mental Health Emergency Services at 748-6356 or the National Suicide Prevention Lifeline at 1-800-273-8255.

Let's Talk

Chesterfield
Suicide
Awareness
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Coalition



chesterfield.gov/preventsuicide