

# The A.E.I.O.U. of Suicide Prevention

## What we can all do to save a life



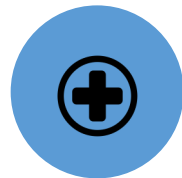
**Ask if suicidal** (Ask if the person has been thinking about suicide or harming themselves in any way)



**Ensure safety** (ensure immediate safety by removing means to suicide like firearms, medications, rope etc.)



**Identify problems** (Identify the problems which the person thinks suicide will bring escape or relief from)



**Offer HOPE** (Hope, help and support in any and all forms)



**Use Connection, Community and Culture** (Connect with the person and connect the person with their culture and their whole community (including services) to manage suicide risk; you and they are connected and supported)