Neighbor to Neighbor



Resources for Nebraska farmers, ranchers, and their families. In times of distress, we stand together and help our neighbors.

HOW TO HELP

If you think someone is thinking about suicide, **assume you are the only one** who will reach out.

HAVE AN HONEST CONVERSATION

- >>> Talk to them in private
- >>> Listen to their story
- >>> Tell them you care about them
- Ask directly if they are thinking about suicide
- >>> Encourage them to seek treatment or contact their doctor or therapist
- Avoid debating the value of life, minimizing their problems, or giving advice

IF A PERSON SAYS THEY ARE CONSIDERING SUICIDE

- >>> Take the person seriously
- >>> Stay with them
- >>> Help them remove lethal means
- >>> Call the 988 Suicide and Crisis Line
- >>> Escort them to mental health services or emergency room

HOW TO START THE CONVERSATION

Have suicide prevention resources in hand when starting the conversation. Be specific. Tell them exactly why you're concerned about them.

- "I've noticed you stopped coming to ____ and you've lost interest in things. I'm concerned about you. What's going on?"
- >>> "I've noticed you've been down lately. What's going on?
- >>> "I haven't heard you laugh in a while. Is everything okay?

VALIDATE THEIR FEELINGS AND PROVIDE THEM WITH SUPPORT AND RESOURCES:

- >>> "You're not alone. We will get through this together."
- >>> It's okay to say, "I want you to live."



JOIN THE MOVEMENT IT ONLY TAKES AN HOUR

Give an Hour's Wellness Ambassadors are at the heart of every community are its leaders, those who set the tone, establish standards, and guide others towards better paths. You don't have to be a mental health expert to make a difference!

1. SIGN UP

It takes just a minute to get started on your Wellness Ambassador Journey!

3. ON-DEMAND TRAINING

Complete the on-demand, free course "Check on Wellness" for Wellness Ambassadors.

2. CREATE AN ACCOUNT

Create an account with ResilienceU, a no-cost learning management system.

4. CONTINUED TRAINING

After you complete "Check on Wellness" you can take the live Trauma-Informed Peer Supporter Training.

ADDITIONAL RESOURCES

PHONE

Rural Response Hotline: (800) 464-0258 Nebraska Family Helpline: (888) 866-8660

ONLINE

bcchp.org/hopeandhealing giveanhour.org/helplines nebraskaloss.org

FURTHER TRAINING

region3.net/trainings

