

STAMP
OUT
STIGMA

How to Support Someone in Recovery

Encourage them to engage in a healthy lifestyle.

Take care of yourself.



Reduce their workload or help them with daily responsibilities.

Take action to reduce access to means, such as removing or safely storing firearms and medications.



Listen and allow them to share their feelings in a safe space.

Understand what to say to someone who has attempted suicide.



Learn more about suicide prevention at stampoutstigma.com/suicideprevention.