

Authentically Ask. Responsibly Receive.



Chandler Unified School District wants to ensure all students feel safe, seen, heard, and valued. The question "How are you?" can start it all, but it doesn't stop there. To receive vulnerable responses, here are some tips to add to your toolbox.

Create a judgement-free conversation in both verbal and non-verbal behaviors.



Space to speak or solutions?

Ask whether they just need an ear or if they are seeking out solutions. This will avoid unsolicited advice, "should/shouldn't have" statements and unintended criticism, and allow for connection through active listening.



Approachable, accepting, and inviting

Non-verbal and verbal cues of acceptance include an open body stance, neutral facial expressions, physical confirmations you are hearing what is said and repeating back what is said to you for clarification.

## FREE A Friend Asks App

"A Friend Asks" is a FREE smart-phone app that helps provide the information, tools and resources to help a friend (or yourself) who may be struggling with thoughts of suicide. Download the app today and encourage friends and family to do the same. Education is the key to prevention, and with information like this as close as your smartphone, you could help save a life!

The "A Friend Asks" App contains the following information:

- warning signs of suicidal ideation
- how to help a friend
- how to get help now
- what to do and what not to do



If in an immediate crisis, call 911. If you or a friend need to talk with a counselor for help or need 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 "A Friend Asks" app.

24-hour Crisis Line: 602-222-9444  
24-hour Crisis Text Line: 741-741  
EMPACT (Mobile Crisis Team): 1-866-205-5229  
Teen Lifeline (24-Hour Hotline): 602-248-8336  
The Trevor Project (LGBTQIA+ Hotline): 1-866-488-7386  
National Suicide Prevention Lifeline: 1-800-273-8255