From scared to prepared

The SIT Method: what to remember

You don't need to be a professional. You simply need to learn how to SIT with someone.

How do we shift from scared to prepared?

Understand suicide: extreme distress, isolation and a shift in belief. **Recognize thoughts of suicide as an alert,** like a fever; it can pass. **Act from love:** respond rather than react.

What do they need most?

Stability, meaningful connection, and to be reminded that they are loved.

The SIT Method

1. **S · Slow down and create stability**
   Ground yourself first. We're all on the same team.

2. **I · Intentional communication**
   Connect, don't fix. "How would you like me to support you?"

3. **T · Transition to next steps**
   "How would you like to move forward?" It can be as simple as rest, and checking in later.

> **Call 911 or go to the nearest hospital** if someone is unable to stay conscious, has trouble breathing, has taken something harmful, has a life-threatening injury, or if anyone's life is in immediate danger. Stay present, and remind them you're on the same team. For support any time, call or text **988**.

From suicidal to thriving: additional tips

- **Have the conversation ahead of time.** Agree on how you'll check in: "If I tell you I didn't make my bed, please remind me I'm loved." "Is there something you want to talk about?"
- **Know your safe people.** Add the same emoji to each of their contacts, so they're easy to find in a hard moment.
- **Notice the 5 Love Languages.** When we're hurting, we often react opposite to our love language. Offer support in theirs.
- **Even from a distance, we can love them.** Check in, surround them with love, and give them permission to laugh.
- **Asking for help is thriving with grit.** On the 5-Star Life, they're not 1 star. They're 4 stars.

Each step of the SIT Method can be practiced in everyday conversations, no crisis required.

Need help now? If you or someone you know is thinking about suicide, call or text **988** (US) or text HOME to 741741. If someone is in immediate danger, call 911.

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