

HOW TO HELP A FRIEND IN CRISIS



It's important for people to know more about what they can do to help prevent suicide. Enthusiastic Sobriety Abuse Survivors have seen an alarmingly high suicide rate coming from The Group. Most former members reach out to their peers, both directly or indirectly for mental health support. Here is a guide to help you if someone reaches out with suicidal ideations or in a mental health crisis.

IF THERE IS IMMEDIATE DANGER, GET YOUR FRIEND'S ADDRESS AND CALL 911

1

Keep talking with your friend in need and simultaneously call or text a **trusted person** who can help you with this process. **Try not to do this all alone.**

2

Encourage your friend to call 988 or another suicide prevention hotline. Have them agree to call or text you afterwards. If you're still concerned, keep talking with them.

3

Get your friend's location or address in case an official wellness check is needed. If you can, see if you and your *trusted person* can meet them in a public place. **Try not to do this all alone.**

4

While you continue talking with your friend, attempt to calm, reassure, validate and listen to them. Don't lecture, shame or argue. Encourage them to rest, eat, or take a walk in order to de-escalate the situation.

5

Have the trusted person google search local crisis centers or call 988 themselves for assistance. They will act as the messenger while you talk to your friend in need.

6

As a last resort, have your trusted person arrange a wellness check with the local crisis center or non-emergency police. Give them details of the situation - let them know your friend is a cult survivor.

SUICIDE PREVENTION HOTLINES

- **988** - National Suicide & Crisis Lifeline
- **(866) 488-7386** - Trevor Project LGBTQ Crisis Line
- **800-656-4673** - RAINN Sexual Assault Support
- Text **HOME** to **741741** - Crisis Text Line
- **(877) 565-8860** - Trans Lifeline