



ACT Every Time

1 small ACT can save a life

Small ACTions create great change

ACT: Acknowledge, Care, Tell

Acknowledge: Take it seriously and listen

A

If you are noticing warning signs or you hear something that sounds troubling, recognizing that something is wrong is the first step.

Care: Take the initiative, and show and/or voice your concern

C

When someone is suffering it can be difficult for them to remember there are people that care. Showing your support will make a big difference for someone who is truly struggling.

Tell: Get help immediately

T

The best way to care for someone is to get them to an evaluation and to begin the treatment process. Support from friends and family is not enough to combat serious mental health concerns. Mental health treatment is necessary. You can be the important link that someone needs to get connected to treatment.

Tell a trusted adult: a parent, teacher, counselor, administrator, coach, or pastor Tell someone. True caring is to let others know so that they can get the help that is needed.

Refer them to one of the options below:

Montana Suicide Prevention Lifeline 24/7 1-800-273-Talk (1-800-273-8255) or 911

Or, use the Crisis Text Line, text MT to 741-741.