



Suicide Prevention Resources

■ **ALGEE—The Action Plan**

Mental Health First Aid *5-Step Action Plan*, to help a person in distress.

- **A**ssess for risk of suicide or harm.
- **L**isten non-judgementally.
- **G**ive re-assurance and information.
- **E**ncourage appropriate professional help.
- **E**ncourage self-help and other support strategies.

■ **National Suicide Prevention Lifeline**

is FREE, confidential, and always available. HELP a loved one, a friend, or yourself. Suicide is preventable. Call the Lifeline.

1-800-273-TALK (8255)

■ **Wisconsin Farm Center Help Line**

Staffed from 7:45am - 4:30pm, Monday-Friday 1-800-742-2474

Offers assistance with almost anything, including:

- Financial challenges, questions or advice
- Natural disaster assistance
- Locating community resources
- Just someone to talk to

■ **Sauk County Crisis Line**

24-hour Crisis Line available 1-800-533-5692

Talk to individuals well-trained in crisis intervention and who are supported by on-call professionals.

■ **Reedsburg Area Medical Center Emergency Department**

If you or someone you know needs immediate help, RAMC's Emergency Department is available 24/7 to provide intervention.

608-524-6487 2000 North Dewey Avenue, Reedsburg