Anyone can help

The SIT Method

You don't need to be a professional to support someone in crisis. What they need most is a sense of stability, meaningful connection, and to be reminded that they are loved. It starts by simply sitting with them.

1 **S · Slow down and create stability**

Ground yourself first so you can offer calm, intentional support. Notice when you need support too, and who could be part of your team.

2 **I · Intentional communication**

Connect rather than fix. Acknowledge what they're facing and gently remind them of their purpose, the difference they make, and the people (and pets) who love them. Avoid guilt and shame. Share laughter when it feels right.

3 **T · Transition to next steps**

Gently guide toward support: "How would you like to move forward?" "What would you like to do next?" "How can we follow up later?" A next step can be as simple as food, rest, or inviting someone they trust into the conversation.

The 9 elements of stability

- Love
- Awareness
- Trust
- Consistency
- Accountability
- Validation
- Intentional communication
- Intentional action
- Laughter

Practice every day

Each step can be practiced in everyday conversations, no crisis required. The more natural they feel day to day, the more confident you'll be when it matters most.

> **Call 911** if someone is unconscious, can't breathe well, has taken something harmful or is seriously injured, or if anyone is in immediate danger. Stay with them.

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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