



Responding to Suicide Warning Signs

The first thing to do is talk.

If you suspect that a friend or family member might be thinking about suicide, the best way to find out is to ask.

Talking to someone about their suicidal thoughts and feelings can be difficult and uncomfortable. You might be worried that you will 'put the idea into the person's head' if you bring it up. The truth is, you can't make a person suicidal by showing your concern. In fact, talking can provide a suicidal person the opportunity to express his or her feelings, can relieve feelings of isolation, and may reduce the risk of a suicide attempt.

How to start a conversation about suicide

- I am worried about you because you haven't seemed yourself lately.
- I have noticed _____ (describe the behavior that concerns you) and I want to talk to you about it.
- I have noticed some differences in you and I wanted to check in with you.

Questions you can ask

- What are you thinking about doing?
- What can I do to help you?
- Have you thought about getting help?

What you can say that helps

- I care about you.
- You matter to me.
- I want to help you.
- I am here for you.