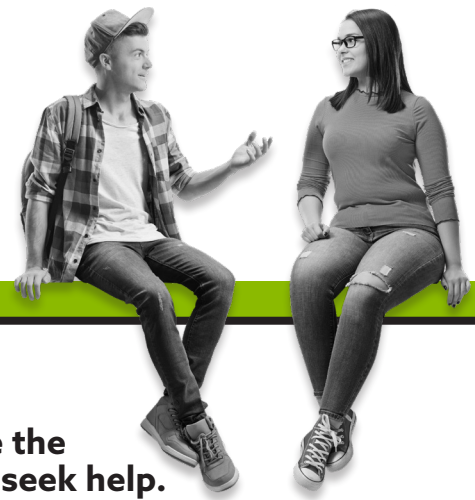


"Helping a Friend Who Might Be Suicidal"



I think my friend might be suicidal. What are some things I can say?

Ways to start and keep a conversation going about this...

- "Are you OK?"
- "Do you need anything?"
- "Have you been unhappy lately?"
- "Have you been so unhappy that you've been thinking about ending your life?"
- "Are you thinking about suicide?"
- "Are you thinking about killing yourself?"
- "Do you feel alone?"
- "How can I support you?"
- "Is there someone you can count on when you are upset?"
- "I want you to be here."

You will never make things worse by talking.

Talking saves lives.

Lots of times the person is just waiting for someone to say something – anything – to open up the conversation.

Convince the friend to seek help.

It's not your responsibility to convince the friend to keep on living, or feel better about themselves. All you can do is try your best to convince them to seek help for the problems they have. But how?

Here are some conversation starters for doing this....

- "Will you let me get you help?"
- "Will you go with me to get some help?"
- "If I went with you, would you talk to someone about all of this?"
- "What about writing it all down and giving it to _____ so they could help you?"
- "Would you consider talking to someone?"
- "Have you ever tried to talking to someone about this besides me?"

When you know a friend really well and your gut feeling is that something is wrong – go with that gut feeling. Don't feel badly for acting when the person doesn't seem themselves – or seems to be in a bad place emotionally. Get help. Don't try to handle this by yourself.

If you or someone you know is in crisis,
please contact the National Suicide Prevention Lifeline
1-800-273-TALK (8255) ● www.suicidepreventionlifeline.org

Available 24/7

OR

Text "HELLO" to 741741 ● www.crisistextline.org

