

Talking About Suicide

One of the most powerful tools we all have in preventing suicide is our voice. Starting a conversation about mental health or suicide might feel uncomfortable, but it can truly save a life.

Why Talking Helps

Many people who are struggling with their mental health don't speak up because they feel ashamed, afraid or like no one will understand. **When you show someone you care and ask how they're really doing, it can open the door to hope and healing.**



What You Can Say

You don't need to have all the answers. Just be real and listen. Try:

“ *I've noticed you haven't seemed like yourself lately. Want to talk about it?*

I care about you, and I'm here for you no matter what.

Are you thinking about hurting yourself or suicide? (Asking directly does not increase risk—it shows you care.) **”**



Warning Signs to Look For

It's time to check if someone is:

- Talking about feeling hopeless or like a burden
- Withdrawing from friends, school or activities
- Showing big changes in mood or behavior
- Using more alcohol or drugs
- Giving away belongings or talking about "not being around"



How to Listen

- Stay calm and present
- Let them talk without interrupting or offering quick fixes
- Avoid judgment or trying to "cheer them up" too quickly
- Thank them for opening up



Get Help Together

- Let them know they're not alone
- Offer to go with them to talk to an adult, school counselor or therapist
- If there's immediate danger, don't leave them alone—get help right away



Helpful Resources

- **988 Suicide & Crisis Lifeline** – Call or text 988 or visit 988lifeline.org
- **Crisis Text Line** – Text HOME to 741741
- School counselors, mental health professionals or trusted adults

Everyone has a role in preventing suicide.

A simple conversation can create connection, reduce shame and lead to life-saving help.
Be the one who starts the conversation.