

WHAT DO I SAY WHEN SOMEONE IS TALKING ABOUT SUICIDE?



When someone shares with you that they are so discouraged they are thinking about suicide, it can be uncomfortable or confusing if you don't know how to respond or what to say. No matter whether these comments are passive or immediate, they should always be taken seriously.

Suicide Warning Signs

Questions to Ask

Empathetic Statements

Expressing feelings of hopelessness

How are you coping with these struggles that you're facing?

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Expressing feelings of being a burden to others

Do you have thoughts like "I wish that I did not wake up in the morning?"
"These challenges are so bad; I wish that I weren't here anymore?"

I care about you.

Not engaging in activities that they used to like

Are you having thoughts about killing yourself or planning to do so?

I've noticed you're not around as much. I'm here for you.

Increased use of drugs, alcohol, or other substances

Can I hold onto your [gun/medicine/knives] until you feel like yourself again?

I can see how hard this is for you.

Telling friends or loved ones goodbye or indicating that they may not be around much longer

Do you have anyone that you think is a safe person whom you can talk to for support?

I am always available to listen if you need me.

Giving away important, valuable, or sentimental possessions

What do you need more than anything else in this moment?
What things do you think are worth living for?

I'm concerned about you. I want to help you to find the support and additional help you need.

Increased depression, irritability, anger, shame (thinking "I am bad")

Would you like to talk about what has been bothering you?

Thank you for sharing this with me. You don't have to face this alone.

Call or Text
988

Suicide & Crisis Lifeline

911

Taking the person to the ER

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