

How to Help Someone Thinking of Suicide

- Be direct. Talk openly and matter-of-factly about suicide.
- Be willing to listen. Allow expressions of feelings. Accept the feelings.
- Be non-judgmental. Don't debate whether suicide is right or wrong, or whether feelings are good or bad. Don't lecture on the value of life.
- Get involved. Become available. Show interest and support.
- Don't dare him or her to do it.
- Don't act shocked. This will put distance between you.
- Don't be sworn to secrecy. Seek support.
- Offer hope that alternatives are available.
- Take action. Remove means, such as guns, rope, or stockpiled pills.
- Get help from persons or agencies specializing in crisis intervention and suicide prevention.
- **Help the person call the Suicide Prevention Lifeline at 1-800-273-8255. If you call, you will first hear a recording, then music, and then you will be connected to a trained counselor. Interpretation is available.**

Adapted from material at www.suicidepreventionlifeline.org

Signs that Someone May be Thinking of Suicide

- Talking about wanting to die or to kill him or herself.
- Looking for a way to kill themselves, such as searching online or buying a gun.
- Talking about feeling hopeless or having no reason to live.
- Talking about feeling trapped or in unbearable pain.
- Talking about being a burden to others.
- Increasing the use of alcohol or drugs.
- Acting anxious or agitated; behaving recklessly.
- Sleeping too little or too much.
- Withdrawing or isolating himself or herself.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.
- If you or someone you know is thinking about suicide please call **the Suicide Prevention Lifeline at 1-800-273-8255. If you call, you will first hear a recording, then music, and then you will be connected to a trained counselor. Interpretation is available.**

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