

HOW TO HELP A FRIEND

5 Action Steps for Helping Someone in Emotional Pain



ASK

“Are you thinking about killing yourself?”



KEEP THEM SAFE

Reduce access to lethal items or places.



BE THERE

Listen carefully and acknowledge their feelings.



HELP THEM CONNECT

Call or text the 988 Suicide & Crisis Lifeline number (988).



STAY CONNECTED

Follow up and stay in touch after a crisis.



NIH National Institute of Mental Health

nimh.nih.gov/suicideprevention

Asking questions and gathering facts is one of the best ways to help someone feel less hopeless.

SUICIDE
HOTLINE
988

Don't hesitate to use specific language, such as asking, "Are you thinking about committing suicide?"



Take all signs of suicidal behavior seriously!



LOOK FOR WARNING SIGNS:



Talking about suicide



Withdrawing from social context



Feeling trapped or hopeless



Getting means to take their own life



Increase use of alcohol or drugs



Being severely anxious or agitated



Saying goodbye as if they won't see you again



Giving away personal belongings

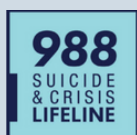


Doing risky or destructive things

take all signs of suicidal behavior seriously!

HOW TO OFFER SUPPORT

- Encourage the person to call a suicide hotline number
- Encourage the person to seek treatment
- Offer to help the person take steps to get assistance and support
- Encourage the person to communicate with you
- Be respectful and acknowledge the person's feelings
- Don't be patronizing or judgmental
- Remove potentially dangerous items from the person
- Offer reassurance



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