



HAVE AN **HONEST** CONVERSATION

If you think someone is thinking about suicide, assume you are the only one who will reach out. Here's how to talk to someone who may be struggling with their mental health.

- 1 Talk to them in private
- 2 Listen to their story
- 3 Tell them you care about them
- 4 Ask directly if they are thinking about suicide
- 5 Encourage them to seek treatment or to contact their doctor or therapist
- 6 Avoid debating the value of life, minimizing their problems or giving advice

IF A PERSON SAYS THEY ARE CONSIDERING SUICIDE:

- Take the person seriously
- Stay with them
- Help them remove lethal means
- Call the National Suicide Prevention Lifeline:
1-800-273-TALK (8255)
- Text TALK to 741741 to text with a trained crisis counselor from the Crisis Text Line for free, 24/7
- Escort them to mental health services or an emergency room

