

How to Help

Show You Care

Often, suicidal thinking comes from a wish to end deep psychological pain. Death seems like the only way out. But it isn't. Let the person know you really care. Talk about your feelings and ask about his or hers. Listen carefully to what they have to say.

"I'm worried about you, about how you feel."
"You mean a lot to me. I want to help."
"I'm here, if you need someone to talk to."



Ask the Question

Don't hesitate to raise the subject. Talking with young people about suicide won't put the idea in their heads. Chances are, if you've observed any of the warning signs, they're already thinking about it. Be direct in a caring, non-confrontational way. Get the conversation started.

"Are you thinking about suicide?"
"Do you really want to die?"
"Do you want your problems to go away?"



Get Help

Never keep talk of suicide a secret, even if they ask you to. It's better to risk a friendship than a life. Do not try to handle the situation on your own. You can be the most help by referring your friend to someone with professional skills to provide the help that he or she needs, while you continue to offer support.

"I know where we can get some help."
"Let's talk to someone who can help...let's call the crisis line,now."
"I can go with you to get some help."



Resources for Help

- School counselor, teacher or coach
- Crisis telephone helplines [1-800-273-TALK or LGBTQ Focus 1-866-4-U-Trevor]
- Private therapist, or counselor
- Mental health agency
- Hospital emergency room
- Clergy or religious leader