



How to Help

Assess the Situation and Severity of Suicidal Feelings

Contact the National Suicide Prevention Lifeline at 1-800-273-8255, or contact the Crisis Text Line by texting "START" to 741-741. In an emergency, call 911 and explain the situation. Stay with the person unless doing so would put you in danger, remove all sharp and dangerous objects within the environment, and follow 911's instructions.



If the person is not in immediate danger, find a way to express your concerns. Preparation is key to make a meaningful interaction.

The Right Way to Ask the Right Questions

1. Explain the symptoms you have noticed

Write down the behaviors that have caused you to have this discussion. By being specific, it can help progress the conversation. It can also make it easier for the person who is struggling to recognize the symptoms. Have the national suicide prevention lifeline and local crisis information prepared ahead of the conversation.



2. Be direct

To have a serious conversation, it needs to be planned and thoughtful. This means do not casually bring it up as your friend is leaving. Rather, sit down and discuss your concerns in a controlled environment.



3. Frame your questions

Start this conversation by framing your questions to be answered with a yes or no, but not in a way that assumes an answer of no. For example, saying "Are you experiencing suicidal thoughts?" is a much more effective question than "You aren't thinking about killing yourself, right?" This helps to directly identify where the person needs help.



4. Validate

Many people struggle with mental health, so tell them that they are not alone. Listen to their feelings without judgment. However, do not promise secrecy, no matter the situation. Suicide can never be repaired, but friendship can. Stay with them until they have the resources that they need to be safe from harm.



5. Share resources

There are many available resources for people who are struggling with mental health on the local, state, and national levels. Take the first step and find resources that can help with their struggles. An internet search of your city and state followed by "suicide resources" will give you local hotlines and resources that are close to home. For LGBTQ+ youth, call the Trevor Project at 866-488-7386, or text 678-678. Trained crisis counselors are standing by to help 24 hours a day, 7 days a week.



There is one suicide for every estimated 25 suicide attempts.

There were more than twice as many suicides (47,173) as there were homicides (19,510) in 2018.

sources: save.org and nimh.nih.gov

National Suicide Prevention Lifeline

800-273-8255

ADAMH Board of Franklin County

adamhfranklin.org

Crisis Text Line

text START to 741 741