

SUICIDE PREVENTION TIP

Talking to a friend or family member about their suicidal thoughts and feelings can be extremely difficult for anyone. If you're unsure if someone is suicidal, the best way to find out is ask. You can't make them suicidal by showing concern. Giving them an opportunity to express their feelings can provide relief...

Ways to start a conversations

"I have been feeling concerned about you lately."

"Recently, I've noticed some differences in you and wondered how you are doing."

"I wanted to check in with you because you haven't seemed yourself"

Questions you can ask :

"When did you begin feeling like this?"

"Did something happen to make you start feeling this way?"

"Have you thought about getting help?"

"How can i best support you right now?"

What you can say that helps :

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