



## HOW TO TALK TO A FRIEND ABOUT SUICIDE



**It's a difficult conversation, but one that can save lives**

**If you or someone you know is considering suicide...**

**Call or text 988 to reach the National Suicide Prevention Lifeline**

**Text 741-741 for 24/7 confidential counseling from the Crisis Text Line**

**Call The Trevor Lifeline for LGBTQ+ youth at 1-866-488-7386 or text START to 678-678**



- **Look for Warning Signs** - Often, but not always, people considering suicide will exhibit warning signs. These can include talking about killing themselves, expressing feelings of hopelessness, feeling like a burden to others, isolating from family and friends, withdrawing from activities, and giving away prized possessions. To learn more about suicide warning signs, scan or click the QR code at the bottom of this page.
- **Ask Directly** - Be direct; don't avoid using the word suicide. It can be an uncomfortable question. It might help to tell your friend why you're asking. Say something like, "I've noticed you've been talking a lot about wishing you were dead. Are you thinking about killing yourself?" or "I saw that you gave away your skateboard, and you've seemed depressed lately. Have you been thinking about suicide?" Be prepared for their answer. Stay calm and listen without judgment.
- **Tell a Trusted Adult** - Now is not the time to keep a secret for a friend. Tell an adult you trust as soon as possible. You can also turn to the resources listed to the left for 24/7 help.