



SUICIDE INTERVENTION

Be direct. Ask the question. Don't hesitate.

Let them know you care.

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What do I ask if I think someone close to me is considering suicide?

**Ask the Question.
"Are you thinking about killing yourself?"**

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How do I ask this question?

Use straightforward language when you ask the question. Show empathy and ensure the person feels supported, not judged.

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What do I do when someone says they are suicidal and need help?

**Be an active listener.
Do not leave them alone.
Help them get help.
Call 911 for life threatening emergencies.**

This content is provided as a support resource and is not intended to replace recommendations from a physician or licensed mental health professional. Dial 911 for life threatening events.



We are here to help.
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