

WHEN TALKING TO A **SUICIDAL** PERSON

Remember to be yourself. Let the person know they are not alone and that you care. Show your concern with your words and body language.

Just Listen. Let the suicidal person vent. The conversation may be negative, but the fact they are willing to talk is a positive sign.

Be understanding and concerned. Let them know they are doing the right thing by talking about their feelings.

Let the person know there is hope. Help is available, and their feelings are temporary. Reassure them that they are important to you.

Be sure to take the person seriously. Listen to the person and show you are concerned. Let them know it is okay to share their pain with you.

Do not argue with the suicidal person. Avoid invalidating their feelings.

Don't promise to keep their suicidal feelings a secret. You may have to reach out to mental health professional or someone close to that person to intervene.

Don't act as if you have the answers to all of their problems. It's not about the problems being big or small but the way the person is hurting from them.

Try not to blame yourself. You can't fix someone, and their happiness is not up to you.



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