



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 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.

thecounselingteam.com | 800.222.9691

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