

ASK DIRECTLY

"Are you thinking about killing yourself?"

Asking someone about suicide will not make them do it. Instead, it lowers anxiety, opens up communication and lowers the risk of an impulsive act

Mid-Valley
Suicide Prevention
Coalition

KNOW RESOURCES

"I know someone who can help."

Suicidal people often believe they cannot be helped, so you may have to do more. Have local crisis information ready.

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TIPS FOR ASKING ABOUT SUICIDE

SHOW SUPPORT

"We'll get through this."

Listen to the problem and give them your full attention.

Do not rush to judgement and offer hope in any form.

#OK2ASK

REMEMBER:

If you cannot ask the suicide question, find someone who can!

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