

How to Talk about Suicide

The language we use is impactful, especially when it comes to sensitive topics like suicide. When we use the correct language we are creating a healthy, respectful space to talk about suicide.

Avoid

- Committed suicide
- Successful/unsuccessful Suicide
- Complete suicide
- Failed attempt at suicide

Use these instead

- Died by suicide
- Ended their life
- Took their life
- Attempted to end their life

How to Help

- Take talk about suicide seriously
- Listen, validate and provide support
- Don't keep suicide a secret
- Find a trusted adult or resource that will help
- Learn the warning signs
- Directly Ask "Are you thinking about ending your life"

Questions? Need someone to talk to?

Call myHealth 952-474-3251

Crisis?

Call

1-800-273-8255

