



How to Talk About Suicide

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Talking about suicide saves lives. Follow this guide to build helpful conversation on suicide.



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STAY HOPEFUL



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This may sound strange at first, but positive conversations about support, prevention, and treatment can reduce suicide.



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FOCUS ON HELP



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*Remember to mention
treatment options,
methods of prevention,
and resources for a
crisis situation.*



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AVOID HURTFUL LANGUAGE

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The first step in reducing the stigma surrounding suicide is to avoid negative or hurtful language. Do not spread negative stereotypes.



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DO NOT AVOID THE TOPIC

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Consider this an opportunity to educate others and dispell myths. The first step in reducing the stigma surrounding suicide to talk about it.



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