NAVIGATING a mental health CRISIS

WHAT TO DO if you suspect someone is thinkiing about suicide

If you notice warning signs or if you're concerned someone is thinking about suicide, don't be afraid to talk to them about it.

START the Conversation by sharing specific signs you've noticed, like:

"I've noticed lately that you [haven't been sleeping, aren't interested in soccer anymore, which you used to love, are posting a lot of sad song lyrics online, etc.] ..."

Then say something like:

- ✔ "Are you thinking about suicide?"
- ✔ "Do you have a plan? Do you know how you would do it?"
- ✔ "When was the last time you thought about suicide?"

If the answer is "Yes" or if you think they might be at risk of suicide, you need to seek help immediately.

- Call a therapist or psychiatrist/physician or other healthcare professional who has been working with the person
- Remove potential means such as weapons and medications to reduce risk
- Call the National Suicide Prevention Line at 1-800-273-8255 or call 911

LISTEN, EXPRESS CONCERN, REASSURE.

Focus on being understanding, caring and nonjudgmental, saying something like:

"You are not alone. I'm here for you"

"I'm concerned about you and I want you to know there is help available to get you through this."

"I may not be able to understand exactly how you feel, but I care about you and want to help."

"You are important to me; we will get through this together."

Please remember, a suicide threat or attempt is a medical emergency requiring professional help as soon as possible.

NAMI
National Alliance on Mental Illness
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NAMI HelpLine: 800-950-NAMI (6264) Text "NAMI" to 741741to reach the Crisis Text Line