WHAT TO DO

• Take the risk factors and signals seriously. If you think someone is considering suicide, ASK HIM OR HER “Are you suicidal?” or “Do you want to kill yourself?” If the answer is “yes,” GET HELP.

• Talk, offer help and most importantly, LISTEN.

• Teens need reassurance that someone cares. Show interest in the person and be supportive. Let the person know that help is available.

• Trust your instincts. If the situation seems serious, seek prompt help.

• Talk directly about suicide, and get specifics. The more specific the plan, the greater the risk.

• Treatment for depression and suicidal tendencies is of utmost importance. Alert key adults—family, friends, teachers, or coaches. Seek professional help. (For resources, see the back of this brochure.)

WHAT TO AVOID

• Avoid acting shocked or judgmental, or lecturing the person on reasons to live. Allow the person to express his or her feelings and accept those feelings.

• Avoid giving advice or false reassurances, or offering easy answers.

• Avoid dismissing problems or minimizing the threat.

• Never keep a person’s suicidal thoughts a secret. Remember – saving a life is more important than keeping a promise. Silence can be DEADLY!
REMEMBER
Any one of these signals alone doesn’t necessarily indicate a person is suicidal. However, several signals may be cause for concern. Signals are especially important if the person has attempted suicide in the past. Listen. Be a friend. Get professional help.
Your actions may save a life!