



If someone you care about is thinking about suicide:

Stay with them.

Talk with them about their suicidal thoughts.

Don't judge or act shocked.

Don't debate.

Talk about reasons to live.

Listen to them

Persuade them to get help from...
a professional

an adult friend or family member
one of our crisis hotlines

Go with them to get help

Don't keep suicide a secret!

If they won't get help, get help for them.

You are not being disloyal by telling.

You are being a friend when you get them help.