How To Communicate With Someone Who May Be Suicidal

1. **SHOW YOU CARE**
    - "I am concerned about you, about how you are acting and the things you are saying."
    - " I care about you."
    - " You are important to me."

2. **ASK ABOUT SUICIDE DIRECTLY**
    - It is important to address your peer/friend/family member directly:
        - Be specific: "Are you thinking about suicide...Are you thinking about killing yourself?"
    - **FACT:** Numerous studies have shown asking directly about suicide is NOT going to put the thought into their head.

3. **GET HELP**
    - **Do NOT keep this a secret, EVEN if someone asks you to.**
    - Gently say, "This is serious. I am going to help you get help."
    - Tell a trusted adult (a parent, a school staff member, a family friend, etc.)
        - Stay with the person, if you're able
    - In Maine: Call the **Maine CRISIS Line**: 207) 774-HELP (4357)