

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)