

# LET'S TALK

## SUICIDE PREVENTION



### Start a Conversation

#### ASK – Start the Conversation

- **Prepare:** Practice what you will say, plan for a time when you won't be rushed, and come with crisis resources on hand
- Use **non-judgmental language**. Don't dismiss them as attention-seeking.
- **Ask directly about suicide.** Mention the warning signs you saw to make clear you aren't asking "out of the blue." **If they answer YES to your direct question about suicide,** stay calm and don't leave the person alone until further help is obtained.

It is not always easy to talk about suicide, but when someone's life is at risk, it is more important to ensure their safety than to avoid the topic.

**TALKING ABOUT SUICIDE DOES NOT PUT THE IDEA IN SOMEONE'S HEAD. IT GIVES THEM PERMISSION TO TALK ABOUT IT AND THEY ARE USUALLY RELIEVED.**

#### BE THERE - Listen, Express Concern, Reassure

- Listen to your coworker and validate their feelings, let the person know you are genuinely concerned, and that you take their situation seriously.

#### KEEP THEM SAFE - Create a Safety Plan

- Ask what will help keep them safe, make sure they do not have access to any lethal means, and ask if they will refrain from using drugs or alcohol.
- Get a verbal commitment that the person will not act upon thoughts of suicide until they have met with a professional.

#### HELP THEM CONNECT - Get Help

- Help them call the National Suicide Prevention Lifeline, text the Crisis Line, or connect them with a mental health professional. Stay connected.
- If you feel the situation is critical, take the person to a nearby Emergency Room or call 911.



#### YOU OKAY? Thing to say:

*You are not alone. How long have you been feeling this way?*  
*I'm here to listen. Have you thought about how you would kill yourself?*  
*Thank you for telling me I know talking about this is difficult.*



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# SIGN IN

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