



# HOW TO HELP WITH Suicidal Thoughts

Approaching someone who is struggling can be difficult, but it's worth the discomfort to help save a life.

## **ASK**

Ask the person if they think about dying or killing themselves. Don't hesitate to do this—asking will not put the idea in their head, nor will it make them more likely to attempt suicide.

## **LISTEN**

Start a conversation with the person and listen without judging to show you care. Create a safe space for them to share their feelings and vent.

## **STAY**

Don't leave the person alone. Stay with them or make sure they are in a private, secure place with another caring person until you can get more help.

## **SECURE**

If you suspect the person could be a harm to themselves, take them seriously. Remove any objects that could be used in a suicide attempt.

## **CALL**

Call the **National Suicide Prevention Lifeline at 1-800-273-8255** or dial **988** and follow their guidance. If danger for self-harm seems immediate, call 911.

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Learn more at [ndbh.com/suicide](https://ndbh.com/suicide).

Sources: Substance Abuse and Mental Health Services; Centers for Disease Control

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