

What to say to someone struggling with their mental health

✔ **DO: I care about you and want to help.**

DON'T: We all go through times like this.

✔ **DO: You are important to me. Your life is important to me.**

DON'T: You have so much to live for. Why do you want to die?

✔ **DO: Tell me what I can do now to help you.**

DON'T: What do you want me to do? I can't solve your situation.

✔ **DO: You are not alone in this. I'm here for you.**

DON'T: You'll be fine. Stop worrying.

✔ **DO: Talk to me. I'm listening.**

DON'T: Here's my advice...

✔ **DO: We will get through this together.**

DON'T: What's wrong with you? Shouldn't you be better by now?

If you suspect someone is actively suicidal, always seek emergency medical help. Call the National Suicide Prevention Lifeline at 1-800-273-8255.

#checkin

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