

# How can I help a Friend or family member that is suicidal?

## *What To Do*

- ✓ **Take all suicide threats seriously.**
- ✓ Listen and express concern in a nonjudgmental way.
- ✓ **Take action! Get the individual connected with professional help.**
- ✓ Ask questions openly ("Do you have a plan? Will you talk with someone who can help?")
- ✓ Show that you care.

## *What Not To Do*

- ✓ **Do not keep it a secret**
- ✓ Do not sidestep the issue or treat it lightly.
- ✓ **Do not leave the person alone.**
- ✓ Do not offer simple solutions.
- ✓ Do not judge.
- ✓ Do not offer or suggest drugs or alcohol.
- ✓ **Do not try to be a therapist. Get professional help.**

**Call 1.800.784.8499 or 1.800.273.8255**