

I worry about my friend...

HOW TO SUPPORT FRIEND WITH SUICIDAL THOUGHTS?

1 ACTIVE LISTENING

When your friend talks to you about thoughts of suicide, it can be very personal and a vulnerable experience! It is helpful to be empathetic and supportive. You may want to try reflecting on their feelings, such as:

- “Thank you for sharing this, it must be difficult”
- “It sounds painful”



THINGS TO LOOK FOR

- Body language
- Mood changes
- Behavioral changes
- Social withdrawal/ isolation
- Person giving away possessions
- Statement such as:
 - “I want to go away”
 - “I don’t want to live anymore”
 - “I am a burden to others”



2 ASK DIRECTLY

Ask them directly about suicide:

- “Do you have a plan to end your life?”
- “How long have you been having these thoughts?”
- “Have you thought about when you’d end your life?”

Asking someone directly about thoughts of suicide DOES NOT increase their chance of suicide.

WHAT CAN BE HELPFUL?

- Take their word seriously
- Avoid judgement, such as:
 - “I can’t believe you are thinking about dying.”
- Follow up/ check in with your friend afterwards as sometimes thoughts of suicide may last longer.

Safety is not a secret

4 CONNECT TO HELP

We cannot be with our friend 24/7.

It is important to connect your friend to people in their life who can also help. People such as:

- Family members
- Trusted adults
- Teachers
- School counselor

RESOURCE

- Suicide & Crisis Lifeline: 988
- Teen Link: 866-833-6546
- Crisis Connections: 866-427-4747
- Trevor Project (LGBTQ): 866-488-7386
- Youth Eastside Services: 425-747-4937



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3 OFFER SUPPORT

It is helpful to show that you care for them and to offer support. You may try saying:

- “I worry about you. How can I help support you?”
- “You can talk to me.”