



TALKING ABOUT SUICIDE IS **NOT TABOO**

NO ONE SHOULD FEEL THEY'RE WALKING ALONE

The #2 cause of death for ages 10-34 is suicide

**Per the CDC, nearly 50,000 people
died by suicide in the US in 2025**

**DID YOU
KNOW?**

WHAT TO DO

- Recognize warning signs and express care
- Actively listen without judgement
- When feasible, help reduce access to potential means and escalate concerns to appropriate professionals

WHAT NOT TO DO

- Don't dismiss or minimize threats
- Don't overreact or express shock
- Don't ignore suicidal comments - take them seriously
- Don't promise confidentiality if safety is a concern