

DARE TO TALK ABOUT SUICIDE TO CULTIVATE CARING

WORRIED ABOUT SOMEONE?

5 TIPS FOR TALKING IT OVER WITH THEM



HAVE THE RIGHT TOOLS

- Familiarize yourself with signs of distress to help put your concerns into words.
- Have suicide prevention resources at your fingertips so that you're ready to share or use them when needed.



FIND THE RIGHT SOIL

- Choose a suitable time and place to have the conversation.
- Make sure you're in the right mental state to hear what they have to say.



CHOOSE THE VARIETY

- There are a thousand of ways to approach someone who is not doing well. Use the one you're most comfortable with.
- Prepare an opening phrase to start the conversation. There's no perfect way to say it, so use your own words.

For example, you could say:

- "Hey man, are you okay?"
- "You seem kind of down lately. What's going on?"
- "I've noticed that for a while now you've been..."



SOW A SEED

- Take action! The most important thing is that you share your concerns. Don't wait for the problem to go away – act now.
- Whether you think the person is having suicidal thoughts or not, don't hesitate to talk to them about it. It won't give them any ideas of acting on those thoughts, but rather an opportunity to express themselves freely.

For example, you could say:

- "Are you hurting so much that you're thinking about taking your own life?"
- "Are you thinking about suicide?"



PROVIDE LOTS OF LIGHT

- Be attentive and open to the other person. Avoid judgment. Believe what the person tells you.
- Offer your support, while respecting your personal limits.

For example, you could say:

- "If I'm understanding you correctly, you're saying that... you feel like..."
- "It can't be easy to go through that."
- "I want you to know that if you need me, I'm here, and I'm ready to help."
- "I know about a support resource. We can call them together if you want."

PRO TIPS

Whether it's before or after having this type of conversation, you can seek professional help at any time by calling **1-866-277-3553**, texting **535353** or using the chat feature on **suicide.ca**.