SOMETHING DOESN'T FEEL RIGHT...

OPEN THE DOOR



TRY

"You haven't seemed like yourself lately. **How are you doing?"**

You don't need the perfect words. Let them know you've noticed and that you care.



IF YOU'RE WORRIED ABOUT SUICIDE, ASK ABOUT SUICIDE DIRECTLY

TRY

"Are you **thinking about suicide?"**

ASK DIRECTLY

Asking someone directly if they are thinking about suicide does not increase suicidal thoughts or behavior.

STAY CALM

and give them time to answer...

WHAT DID THEY SAY?

YES / MAYBE / STILL CONCERNED

STAY IN THE CONVERSATION
Listen more than you talk. Take what they tell you seriously.

TRY

"THANK YOU FOR TELLING ME."

HELP MAKE THE MOMENT SAFER
Reducing access to lethal means can create time and distance during a suicidal cirisis.

BRING IN SUPPORT
A friend, family member, trusted adult, faith leader, or another supportive person.

NO

YOU CAN STILL KEEP THE DOOR OPEN
A "**no**" doesn't mean you have to convince them that something is wrong or keep asking until you get a different answer.

TRY

"OKAY. I WANTED TO ASK BECAUSE I CARE ABOUT YOU."

CHECK AGAIN IF STILL CONCERNED
Encourage connection with supportive people or reach out for additional guidance yourself.



KEEP THE DOOR OPEN

One conversation doesn't have to do everything.

Check in again. Send the text. Make the call. Sit together.
Help them stay connected to people and supports that matter to them.

TRY

"I'VE BEEN THINKING ABOUT YOU. HOW ARE YOU DOING TODAY?"

"HOW HAVE YOU BEEN SINCE WE LAST TALKED?"

"WHAT SUPPORT HAS BEEN HELPFUL SINCE WE TALKED?

WHAT ABOUT YOU?

Supporting someone who is struggling can affect you too.

Source: This resource draws from suicide prevention guidance and evidence from the Centers for Disease Control and Prevention (CDC) Suicide Prevention Resource for Action, 988 Suicide & Crisis Lifeline, National Institute of Mental Health (NIMH), and Substance Abuse and Mental Health Services Administration (SAMHSA).

FIND SUPPORT

988 SUICIDE & CRISIS LIFELINE

CALL OR TEXT

988

Free and confidential support is available 24/7.

Visit the 988 Suicide & Crisis Lifeline →

NOT SURE WHERE TO TURN?

Scan the QR code to explore national suicide prevention, crisis, and behavioral health resources.