

HERE ARE SOME WAYS YOU
CAN SUPPORT SOMEONE WHO
IS CONSIDERING

SUICIDE

DON'T HESITATE TO KEEP ASKING IF THEY FEEL
LIKE THEY ARE SAFE.

IT'S OK TO SAY, "ARE YOU THINKING ABOUT KILLING YOURSELF?"

TALK TO THEM ABOUT HOW THINGS WILL GET BETTER, EVEN
THOUGH IT SEEMS DARK NOW.

YOU CAN SAY SOMETHING LIKE, "SUICIDE IS A PERMANENT
SOLUTION TO A TEMPORARY SITUATION."

BE EMPATHETIC, BUT ALSO OFFER HOPE.

ASK IF THEY WANT TO GO TO THE HOSPITAL.

SUGGEST THEY CALL THEIR THERAPIST AND
GET AN EMERGENCY APPOINTMENT.

ASK THEM TO SIGN A CLIENT RELEASE SO YOU CAN BRIEFLY CHAT
WITH THEIR THERAPIST AND MAKE SURE HE OR SHE HAS ALL THE
INFO THEY NEED TO HELP

IF YOU ARE REALLY WORRIED, YOU CAN HAVE THE
POLICE DO A SAFETY CHECK. TRY TO CONNECT WITH
THEIR THERAPIST FIRST, THOUGH.

IF YOU FEEL MANIPULATED BY THE PERSON, GET A
PROFESSIONAL INVOLVED. IT'S HARD TO KNOW WHEN SOMEONE
IS REALLY IN DANGER.

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FOR MORE INFORMATION OR TO CONNECT WITH A THERAPIST,
PLEASE VISIT [GROWCOUNSELING.COM](https://www.growcounseling.com)