

SUPPORTIVE CONVERSATIONS ABOUT SUICIDE

When someone is struggling, your conversation can make a difference. Here's how to offer support:

ASK DIRECTLY

Don't be afraid to ask. If you're worried about someone, asking directly can open the door for a meaningful conversation.

e.g. "I've noticed you've been struggling lately, and I care about you. Are you thinking about suicide?"

It's okay to ask if they're feeling suicidal. Your question can show concern and support.



VALIDATE THEIR FEELINGS

Let them know their feelings are real and understood.

Acknowledge the pain they're experiencing: "It sounds like you're going through a really hard time. Your pain is real and it's understandable that you're feeling this way."

Don't try to minimize or judge their emotions. Be empathetic, not dismissive.

SAFETY PLAN

Help create a safety plan together.

Discuss ways to stay safe if they are feeling suicidal. This might include removing dangerous items, staying with a trusted person or calling a crisis hotline.

e.g. "Let's come up with a plan for when things feel overwhelming."



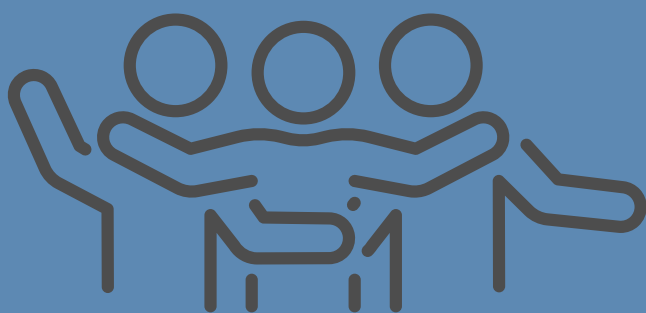
OFFER SUPPORT

Let them know they're not alone.

Offer your ongoing support: "I'm here for you, and I'll support you through this."

Encourage them to seek professional help (therapy, counselling or support groups).

Remind them that help is available and things can improve with time and support.



FOLLOW UP & CHECK IN

A single conversation is not enough. Reaching out regularly shows you care and helps maintain their connection to support.

e.g. "How have you been feeling since we last talked? I'm here for you."