

Supporting Someone You're Worried About



If someone tells you they are having suicidal thoughts or self-harming, you do not need to have all the answers. Listening, taking them seriously and helping them connect with support can make a difference.

IF THERE IS IMMEDIATE DANGER

If they may act on suicidal thoughts, have been seriously injured, or cannot stay safe, call 000 or go to the nearest Emergency Department. Stay with them if it is safe for you to do so.



LISTEN & TAKE IT SERIOUSLY

Stay calm, listen without judgement and acknowledge what they are telling you. Avoid arguing with their feelings, minimising the situation or trying to quickly solve everything.



ASK DIRECTLY ABOUT SUICIDE

If you are concerned, it is okay to ask clearly whether they are thinking about suicide. Asking directly does not put the idea in someone's head and can make it easier to talk openly.



HELP THEM CONNECT WITH SUPPORT

Encourage contact with a psychologist, GP, crisis service or another trusted support. If they have a safety plan, help them use it. Do not promise to keep serious safety concerns secret.



HELP MAKE THINGS SAFER

If risk is increasing, stay connected and help create distance from things they might use to hurt themselves. Seek professional or emergency support when needed.

SIMPLE THINGS YOU CAN SAY

- "I am glad you told me."
- "I am here with you."
- "Are you thinking about suicide?"
- "What would help you feel safer right now?"
- "Let us work out who we can contact together."

LOOK AFTER YOURSELF TOO

Supporting someone through suicidal distress or self-harm can be emotionally demanding. Seek support for yourself and remember that you are not expected to manage risk alone.

Lifeline 13 11 14 | Suicide Call Back Service 1300 659 467 | Emergency 000

Being present, asking directly and helping someone connect with support can matter.