

CRISIS & SUICIDE PREVENTION



How can we know if someone is at risk for suicide?

Signs

Stable

Happy. Involved.

Crisis Begins

A change in mood.
Expressions of hopelessness.
Distant.

In Crisis

"I just can't go on."
"I wish I were dead."
Unexplained anger.
Drug or alcohol abuse.
Giving away prized possessions.

Responses

Hey, how's it going?
Do you have any weekend plans?

You haven't seemed quite yourself lately.
Is there something on your mind?

Are you thinking about suicide?

**It's less important about how you ask this question, but that you ask it.*



PREVENTION IN ACTION

Someone you care about may need your support.

Remember, try and ask open-ended, non-judgmental questions. Below are some questions you might use to let them know you're there for them.

- *Hey, I was thinking about you. How are things going?*
- *Would you like to talk about "___"?*
- *Is there anything on your mind?*

Make a date and follow up with them.

If you think a person may be in crisis, remember it's not your responsibility to counsel or treat the individual. Offer hope through positive action. Call or text the Suicide and Crisis Lifeline at 988.



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