

TALKING TO SOMEONE WHO YOU THINK IS SUICIDAL

Introduction

Asking whether someone is suicidal is not easy. However if you are worried about someone who is very depressed, it's critical to have that conversation. This worksheet can help you think about why you might not want to talk to someone you are worried about, however if you are actively worried about someone, trust your instinct, and do not hesitate to call the National Suicide Prevention Hotline at: 1-800-273-8255.

Check the thoughts or feelings that might make it hard for you to speak up when someone you know is suicidal:

- They won't want someone else telling them what to do.
- It's too awkward.
- I want to respect their privacy.
- It's none of my business.
- I don't want to give them any ideas in case they're not really suicidal.
- I don't know what to say.
- They're not doing anything to help themselves and they should.
- I don't feel qualified to tackle this.
- I feel helpless.
- It will embarrass them.
- It won't do any good anyway.

Can you think of other reasons why you're hesitant to act?

If you were in depressed and suicidal, how would you want someone else to react?

What is the worst that could happen if you get involved?
