

Do's & Don'ts

when talking to someone who might be suicidal

What to say to help:

- I have been feeling concerned about you lately.
- Recently, I have noticed some differences in you and wondered how you are doing.
- I wanted to check in with you because you haven't seemed yourself lately. You are not alone in this.
I am here for you.
- I may not be able to understand exactly how you feel, but I care about you and want to help.
- I'm sorry you're feeling so bad.
- We'll get through this together.

What not to say:

- Don't worry, everything will be all right.
- By next week, you'll forget all about it.
- This is nothing!
- Cheer up!
- You have so much to be thankful for.
- Think about how your family would feel if you killed yourself.



For more information on suicide prevention and awareness, visit stopteensuicide.mhaessexmorris.org or contact tklingener@mhaessexmorris.org or 973.334.4920 ext. 518.