



CONVERSATION STARTERS

Asking about suicide saves lives but it can be hard to know where to start or how to help. Below are some example conversation starters if you are worried about someone. Evidence shows that talking about suicide does not make it more likely to happen – it reduces the stigma and is often the first step in a person's recovery.

Ask them directly 'Are you thinking about suicide?' By using the word suicide, you are telling the young person that it's OK to talk openly about their thoughts of suicide with you.

"Sometimes, when people are feeling the way you are they think about suicide. Is that what you're thinking about?"

"Are you telling me you want to kill yourself? End your life? Die by suicide?"

"It sounds like you're thinking about suicide, is that right?"

"It sounds like life feels too hard for you right now and you want to kill yourself, is that right?"

What if they say yes?

If they say they are thinking about suicide, try to keep calm and listen in a non-judgmental way. Show that you are trying to understand and allow them to express their feelings. They may feel a huge sense of relief that someone is willing to hear what they are going through. Check out the PAPHYRUS website for ways to continue the conversation.

#SpotTheSigns

 **PAPHYRUS**
prevention of young suicide