

HOW TO SUPPORT

SUICIDE PREVENTION

Curious & Compassionate Connection

Be curious about what the person is experiencing, which opens space for them to talk about their pain. Listen compassionately, but take any threats seriously.



Move Toward, Not Away

Suicide can be a tough topic and trigger shutdown, apathy, or overreactions from loved ones and friends. Notice those reactions, but choose to move toward the hurting person instead.

Assess Risk

Ask direct, but non-judgmental questions about the person's suicidal wishes, plans, and means. Remember, feelings of suicide are not always an emergency.



Provide Support & Safety

If the person seems high-risk, stay with them (teen should get the help of an adult). Reassure the person that you are there to help. This may require you to stick with them for 24–48 hours until the crisis passes.

Call for Help

If the person has an immediate plan and the means, call 911 or a local/national crisis service, like Suicide Prevention Lifeline at 800-273-TALK (8255). If you are a teen helping a friend, call a parent, teacher, or other trusted adult.



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