

How to Help Someone with Suicidal Thoughts

Approaching someone who is struggling can be difficult, but it's worth the discomfort to help save a life.

ASK

Ask the person if they think about dying or killing themselves. Don't hesitate to do this - asking will not put the idea in their head, nor will it make them more likely to attempt suicide.

LISTEN

Start a conversation with the person and listen without judging to show you care. Create a safe space for them to share their feelings and vent. DO NOT swear to secrecy.

STAY

Don't leave the person alone. Stay with them or make sure they are in a private, secure place with another caring person until you can get further help.

SECURE

If you suspect the person could be a harm to themselves, take them seriously. Remove any objects that could be used in a suicide attempt.

CALL

Call the National Suicide Prevention Lifeline at **1-800-273-8255** and follow their guidance. If danger for self-harm seems immediate, call 911.



**Blue Cross
Blue Shield
Blue Care Network**
of Michigan

Nonprofit corporations and independent licensees
of the Blue Cross and Blue Shield Association

Sources: Substance Abuse and Mental Health Services; Centers for Disease Control



NEW DIRECTIONS®
ndbh.com/suicide