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FIND THE WORDS

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suicideispreventable.org



Funded by counties through the Mental Health Services Act (Prop 63).

If you are concerned about someone, trust your instincts. Reach out and ask a direct question:

“Are you thinking about suicide?”

Talking about suicide does not put the idea in someone's head and usually they are relieved. Asking directly and using the word “suicide” establishes that you and the person at risk are talking about the same thing and lets the person know that you are willing to talk.

If you think the person is suicidal, take it seriously. Don't leave them alone. Call the National Suicide Prevention Lifeline at **800-273-8255 (TALK)** at any time for assistance or call **9-1-1** for life-threatening emergencies.