



# How to talk to someone who is suicidal

It can be hard to know what to say to someone who is in distress. On this document you can find some helpful suggestions to take inspiration from.

## General

- Tell me a little bit about what's been going on?
- How long has it been going on for?
- Have there been any significant events recently that have contributed to how you're feeling?
- Are you still managing to take care of yourself at all? Sleeping and eating okay?
- Is there anything in particular that triggers these feelings?
- Are you managing to make time for yourself/look after yourself with all this going on?

## Acknowledgement of pain

- It really sounds like you've been through a lot.
- It definitely sounds like you've had more than your fair share of difficult times/trauma.
- I can appreciate that it must be really challenging/painful/stressful to ...
- I can only imagine how challenging/painful/stressful that must be.
- It sounds like there is an enormous amount of pressure on you right now.
- That is such a painful situation.

**STOP** suicide  
Save a life. Choose to live.

Working together for a suicide-safer community  
[www.stopsuicidepledge.org](http://www.stopsuicidepledge.org)



Helplines