



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.

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Helplines



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- I can hear that you're feeling really isolated/frustrated/hopeless right now.
- That sounds like a lot to process.
- It sounds like you've been dealing with these feelings for a very long time, that must be so exhausting.
- I can hear how these feelings have really disrupted your whole life.
- I can hear that those thoughts are really loud right now.

Strength and hope

- You must be an incredibly strong and resilient person for keeping going for as long as you have and I really hope that it pays off soon and you'll be able to get some relief from these feelings.
- It's not easy to open up about these things and you've been really brave to talk to me today, it shows great strength on your part.
- It seems like these feelings have really disrupted every aspect of your life and taken things away from you that you enjoyed, but you need to give yourself a chance to get those things back and have the future you want.

Signposting

- If it's okay with you, I would love to send you some information/resources that might be helpful to you next time you find yourself feeling this way.
- Sometimes it can be really difficult to believe when you're struggling, but there are people and places who who can help. Have you heard of [X]? They [run social groups for..] I could send you their website/number if you would like?

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