



# What to do when you're worried a friend might be feeling suicidal:

## Talk to them:

It is most important that you share your concerns with your friend in a calm, non-accusatory way. Ask them how they are feeling, show them you understand, and offer help. Sometimes people are afraid that if they talk about suicide it will make it more likely to happen, but the truth is that if your friend feels that they have someone safe to talk to, they will likely feel better and more understood.

YOU MAKE  
TODAY  
BETTER

## Take emergency measures:

Suicide risk is an emergency and must be treated as such. Call 911 immediately if you're concerned that your friend may be likely to act on their suicidal thoughts. Tell responders as many details as possible so they can be prepared when they arrive. When a person is in danger of seriously harming themselves, it's not uncommon to worry that they might be mad at you later for calling emergency services. But it's preferable that they be angry and alive than otherwise.

## Show care:

Take time to do fun things together and don't hesitate to partner with your friend's existing support system. Reassure your friend that they won't feel like this forever and that they aren't alone.

## Find treatment:

It is important to seek professional help when someone you know is struggling with suicidal thoughts. Professionals can be found by talking to the people you trust, visiting **TWLOHA's FIND HELP page** ([twloha.com/find-help](http://twloha.com/find-help)) and using the **FIND HELP Tool**, or contacting an insurance provider.

## Practice self-care:

Don't forget about your own needs when supporting a friend. Eat healthy foods, exercise and sleep regularly, engage in mindfulness practices, do things you enjoy, and avoid alcohol or substance use. And remember to reach out for support from friends and family.

TO  
WRITE  
LOVE  
ON HER  
ARMS.

  
CHILD MIND®  
INSTITUTE

PROJECT 