



September 10 is World Suicide Prevention Day

How to help someone who is suicidal

Suicide is the 12th leading cause of death in the U.S., accounting for one death every 11 minutes. People who have been suicidal have often said it is a relief to talk about the thoughts they are experiencing. Just being there to listen and showing you care can help.

How to start a conversation with someone you're worried about

- Choose a good time.
- Meet somewhere without distractions.
- Use open-ended questions that need more than a yes/no answer.
- Avoid giving your view of what's wrong or what they should do.

You could ask

- "How are things, I've noticed you don't seem quite yourself?"*
- "I'd like to understand more about what you're going through. Can you tell me more?"*
- "What is the pain you are experiencing like? Can we find ways to ease the pain?"*
- "Have you wished you were dead or wished you could go to sleep and not wake up?"*

How to help someone in crisis

If your friend, family member or loved one is thinking of suicide, they need professional support and the most powerful thing you can do is connect them to it.

- Help them get in touch with their therapist if they have one.
- Offer to text or call 988, the Suicide and Crisis Lifeline together.
- Take them to the emergency room.
- Call 911 if there is an immediate risk of harm and tell the operator you need support for a mental health crisis.

Visit your member website for more information.