

Start the Conversation

#SupportNotStigma

"Are you OK?"

Show you are listening by sitting alongside the person, maintaining an open body position and comfortable eye contact. Once you get the conversation started, demonstrate care and concern and reassure them it's going to be ok.

"I've noticed that ..."

Open the conversation by explaining behavior changes you have noticed. Then, express genuine concern.



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"Are you thinking about suicide?"

Asking a person if they have been thinking about suicide or have made plans will not increase the risk that they will complete suicide.

"Do you want to take a walk?"

Suggest going on a walk to ease into difficult conversations. This can reduce some of the nervousness and discomfort that might occur.

"How are you, really?"

Sometimes when someone says they're fine, they're not. Asking the question this way opens the door to offering extra support.