

How to Help a Friend Through a Suicidal Crisis

DO:

- Reach out
- Ask questions
- Show that you care
- Encourage your friend to talk
- Listen without making judgments
- Talk openly about suicide
- Remain calm
- Be positive
- Suggest people you can both turn to
- Know your limits
- Get help
- Act quickly if you think your friend is in danger

DON'T:

- Make your friend's problem sound unimportant
- Act shocked
- Keep your friend's suicide plans secret
- Ask your friend to think about how his or her suicide would make others feel
- Try to take any weapon away from your friend
- Leave your friend alone when he or she is in crisis
- Give up hope

From *The Power to Prevent Suicide: A Guide for Teens Helping Teens* by Richard E. Nelson, Ph.D., and Judith C. Galas, copyright © 2006. Free Spirit Publishing Inc., Minneapolis, MN; www.freespirit.com. This page may be photocopied for individual, classroom, and small group work only. For other uses, call 866-703-7322.