

## **HOW TO HELP THE SUICIDAL INDIVIDUAL**

1. Be aware. Learn the warning signs and if you see them, get help immediately.
2. Get involved, Be available to the person. Show interest and support.
3. Ask directly if he/she is thinking about suicide. Talk openly about it. Ask about plan and means.
4. Tell the person you don't want him/her to die, that help is available
5. Be willing to really listen, without judging.
6. Allow the person to express feelings, and accept their feelings
7. Don't argue with the person or try to make them feel guilty
8. Don't dare him/her to do it or "call their bluff"
9. Don't ask why, but try to find out what is the source of their pain, and is there another way to reduce the pain
10. Be empathetic and accepting
11. Never be sworn to secrecy—it may be a matter of life or death
12. Don't offer clichés or simple solutions, but do offer hope that other options are available.
13. When possible, remove the means (weapons, pills, etc.) from their environment
14. Take action! Get help from a mental health professional or from crisis intervention and suicide prevention specialists such as:

- **the Franklin County Suicide Prevention Hotline (614) 221-5445**
- **the National Suicide Prevention Lifeline 1-800-273-TALK**
- **Netcare ACCESS (614) 276-2273 psychiatric ER**

**In emergency situations call 911!**

