

Question

Question the person to determine what he or she is thinking about suicide.

Are you joking?

Are you serious about what you just said?

Are you thinking about harming yourself?

What do you mean by what you just said?

Are you thinking about suicide?

Tips

Plan a time and place to talk to the person.

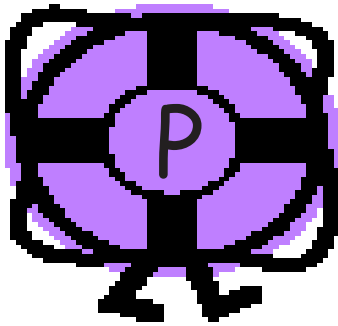
Try to get the person alone or in a private place.

Give yourself plenty of time.

Don't be afraid to ask. Asking might save a life.



QUESTION,
PERSUADE, REFER



Persuade

Persuade the person to get help.

Let me help you.

Let's go get some help.

Come with me to talk to the counselor.

I want to help. Let's make an appointment with ...

I know where we can get help. Let's call the Teen Hotline.

Tips

Give the person your full attention.

Listen carefully and let him or her talk.

Let the person know you care.

Don't judge or condemn the person.

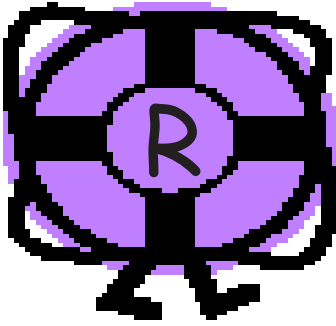
Accept the reality of his or her pain.

Insist that suicide isn't a good solution.

Offer hope in any form.



QUESTION, PERSUADE, REFER



Refer

Refer the person to someone who can help.

The best referrals are when you personally take the person to get help.

The next best is when a person agrees to see a professional and you know he or she goes.

If the person doesn't get help, make certain you notify someone who can follow through.

Contact a parent, church leader, teacher, coach, counselor, hotline, doctor or a trusted adult in the community.

Tips

Don't promise secrecy.

Don't worry about being disloyal.

Get an adult or professional involved;
don't try to handle it yourself.

Remember that you aren't responsible for
other people's actions.

