



# How to Talk About Suicide

## Choose the right time and place

Find a private setting where you can talk without interruptions and you both have enough time for a meaningful conversation. This will help create a safe space for them to open up.

## Express concern and care through calm, active listening

Start the conversation using non-judgemental language and ask directly about suicidal ideation. You can say:

"I've noticed that you've had a lot on your mind, and I'm here to listen and support you. I want to ask you a difficult question because your safety is important to me. Have you had thoughts of suicide?"

Continue discussing their feelings by actively listening and asking open-ended questions, even if their responses are distressing. While being a supportive listener, avoid promises of secrecy. In case of immediate danger, you may need to involve professionals to ensure their safety.

## Encourage professional help

Waiting to offer solutions or advice is important, as people sometimes just need to be heard. However, later on, offer to help them find a therapist or crisis helpline. You can also reassure them of your support and companionship on their journey. If they are in immediate danger, do not leave them alone; seek help immediately.

## Follow-up

After the initial conversation, follow up with them regularly to check on their well-being. Ongoing support is crucial for someone struggling with suicidal thoughts.

## Take care of yourself

Supporting someone in distress can feel overwhelming, especially when that person is a loved one. Remember that just showing up and not being afraid to talk about hard things makes a big difference when someone feels hopeless and alone. It's also important to take care of yourself and turn to self-care activities or professional support that renew your energy and help you stay grounded.

For support during a behavioral health emergency, call or text the 24/7 Suicide and Crisis Lifeline at 988

To make a referral to our virtual IOP, visit [charliehealth.com/referrals](https://charliehealth.com/referrals)

To reach our Admissions Team directly, call (866)-491-5196