

# How to Have the Suicide Conversation

If you think someone may be considering suicide, don't wait!

Your courage to speak can save a life.

## Top 10 Warning Signs:

1. Talking about wanting to die or kill themselves.
2. Searching for ways to die (online, weapons, etc.)
3. Expressing hopelessness or having no reason to live.
4. Withdrawing from friends, family, and activities.
5. Increased substance abuse.
6. Extreme mood swings or agitation.
7. Saying they feel like a burden.
8. Sudden calm after a period of depression.
9. Giving away possessions or saying goodbye.
10. "I just can't do this anymore."

## 7 Opening Lines:

1. "Hey, you've seemed off lately. Are you okay?"
2. "I noticed you've been going through a lot. Want to talk?"
3. "You matter to me. I'm here for you-whatever you're facing."
4. "Have you been feeling like giving up?"
5. "I care about you too much not to ask-are you thinking about suicide?"
6. "You're not alone in this. Can I help you find support?"
7. "I'm here. You don't have to go through this by yourself."

You don't have to be a professional to be a lifeline. You just have to be present, compassionate, and willing to ask hard questions.

Learn more at: [[YourWebsiteHere.com](#)]

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## WHAT NOT TO SAY:

1. "You're just being dramatic."
2. "Don't be so selfish."
3. "Others have it worse."
4. "You just need to pray more."
5. "Suicide is a sin."

## 24/7 CRISIS RESOURCES:

1. Call or Text: 988 (USA)
2. Crisis Text Line: Text HOME to 741741
3. Veterans Crisis Line: 988 then Press 1
4. Trevor Project (LGBTQ+ Youth): 1-866-488-7386

## WHAT TO DO:

1. Stay with them.
2. Listen without judgment.
3. Help them find professional help.
4. Call or text 988 (Suicide & Crisis Lifeline).
5. Don't promise to keep suicidal thoughts a secret.

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