



SUICIDE
AWARENESS &
PREVENTION

Know the *Right* Words to Say

Initiating a conversation about suicide is a serious matter. It may take a while, so open the discussion when you have plenty of time to spend. Find a private place where you can speak without distraction.

After initiating a conversation, **LISTEN**.

Every conversation is different. The person may open up and share some very painful feelings. Don't try to talk them out of how they are feeling. It's okay to ask questions. Instead, the person may not want to talk. If that's the case, reassure that you will be around for them when they are ready to open up.

Make sure they are **SAFE** for now.

If the person has a plan to harm themselves, it's important **not to leave them alone**. Offer to call a family member, counselor or emergency services while you stay with them. Continue to provide reassurance and support. Share the Suicide and Crisis Lifeline - 988 and offer to search for additional resources.

Your EAP is here for you & we can help. Contact us today.

800-EAP-4YOU (800-327-4968)
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