What to Do if You Suspect Someone is Thinking About Suicide

**Warning Signs of Suicide**

- Giving away personal possessions
- Talking as if saying goodbye or going away forever
- Taking steps to tie up loose ends, like organizing personal papers or paying off debts
- Making or changing a will
- Collecting and saving pills or buying a weapon
- Saying things like "Nothing matters anymore," "You’ll be better off without me"
- Withdrawing from friends, family and normal activities
- Increasing drug or alcohol use

**What to Do If You Notice Warning Signs, or If You’re Concerned Someone is Thinking About Suicide**

- **Start** the conversation by sharing specific signs you’ve noticed, like:
  - "I’ve noticed lately that you [haven’t been sleeping, aren’t interested in soccer anymore, are posting a lot of sad song lyrics online, etc.] …"

- Then say something like:
  - "Are you thinking about suicide?"
  - "Do you have a plan?"
  - "Do you know how you would do it?"

- If you notice warning signs, or if you’re concerned someone is thinking about suicide, don’t be afraid to talk to them about it.

- **Listen, Express Concern, Reassure**
  - "I may not understand exactly how you feel, but I care about you and want to help."
  - "I’m concerned about you and I want you to know there is help to get you through this."
  - "You are important to me; we will get through this together."

- If the answer to any of these questions is "yes," seek help immediately.
  - Don’t leave them alone and stay calm
  - Call their therapist or other health care professional
  - Remove potential means, such as weapons and medications
  - Call the National Suicide Prevention Line at 1-800-273-8255 or call 911
  - If the situation is life-threatening, call 911 and ask for someone with mental health experience to respond, like a Crisis Intervention Team.

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**National Alliance on Mental Illness (NAMI)**

- NAMI HelpLine
- NAMI Communicate
- www.nami.org