

TOOLKIT FOR STARTING A CONVERSATION ABOUT SUICIDE

1

TRUST YOUR INSTINCTS

IF IT FEELS WRONG, IT PROBABLY IS

2

NOTICE THE SIGNS

LOOK OUT FOR CHANGES IN BEHAVIOUR OR WORDS

3

SHOW YOU CARE

SPEAK UP, YOUR CONCERN SHOWS THEY MATTER

4

CHOOSE TIME & PLACE

FIND A PRIVATE, SAFE MOMENT TO TALK

5

ASK ABOUT SUICIDE

BE DIRECT. ASKING WON'T PUT THE IDEA IN THEIR HEAD

6

USE RESPECTFUL LANGUAGE

AVOID WORDS LIKE "COMMIT," "FAILED," OR "SUCCESSFUL"

7

LISTEN FULLY

GIVE SPACE. NO JUDGEMENT, NO QUICK FIXES

8

EXPLORE LOSS

CHECK IF RECENT EVENTS FEEL LIKE BIG LOSSES

9

KNOW YOUR LIMITS

YOU DON'T HAVE TO HAVE ALL THE ANSWERS

10

BUILD SUPPORT TOGETHER

ENCOURAGE TRUSTED FRIENDS, FAMILY, OR SERVICES

MENWALKTALK