



- 1. You are important to me, I can see you are hurting.**
- 2. Do you want to talk?**
- 3. Will you call / text me later? or Can I call you?**



STRATEGIES TO PREVENT SELF-HARM and SUICIDE

1. You are important to me, I can see you are hurting.

It is a normal reaction in people to feel stress when we see others hurting. However, it is impossible to know if they need help unless we are brave enough to ask. When you see someone hurting, it is not rude to show concern. Sometimes in the midst of dealing with our own issues, we fail to notice that we are NOT alone. If you are brave enough to speak up, privately with a friend, then you have empowered them to be connected and can alleviate your own concern about your friend's well-being. It's counter-intuitive, but acknowledging what you see can provide the outlet they need for relief. We don't have to offer advice, nor solve any problem. *Everything is better with a buddy.*

2. Do you want to talk?

If your friend does not feel like talking (this is NOT always helpful) then ask if they want to spend some time together doing any activity or anything mindless. The time together can be meaningful with nothing special planned. It may give you the opportunity for your friend to open up, but time spent is enough alone to make an impact. Remember, you do not have to solve any problem, nor offer any advice.

3. Will you call or text me later? Or, can I call you?

This is a deliberate strategy to follow-up with the one you care for at a pre-determined time, perhaps each morning or evening for a few days. If you remain concerned that your friend will engage in self-harm, *this serves three main goals*: **A.** It gives your friend's brain something to plan for-something to look forward to, and can "trick" them into making plans that will prevent self-harm even if it is only temporary and does not "fix" anything; **B.** It gives you time to check into resources that may be available to you as a supportive friend, or a friend who may be in crisis so that you can be armed with phone numbers and a plan to move into action if it is ever needed; and **C.** Finally, if there is a plan to be in touch and your friend fails to follow through, it can provide a definite alert (cry for help) for you to act quickly on their behalf. To GET help-not be help