



Talk Saves Lives

How to talk to someone who may be struggling with depression or anxiety

Don't assume someone else will reach out. Only 1 in 5 seeks help. You can encourage them to make that critical first step.

- 1 Ask if you can talk in private.
- 2 Ask questions to open up the conversation.
 - How are you doing?
 - You haven't seemed yourself lately. Is everything okay?
 - Is anything bothering you?
- 3 Listen to their story, and express concern and caring.
- 4 Ask if they have thought about hurting themselves or ending their life.
- 5 Encourage them to seek mental health services. Tell them seeking help can take courage, but it's the smart thing to do.

IF THEY ARE CONSIDERING SUICIDE:

- Take the person seriously.
- Tell them to call the National Suicide Prevention Lifeline: 1-800-273-TALK.
- Help them remove lethal means.
- Escort them to an ER, counseling service, or psychiatrist.

AVOID:

- Avoid minimizing feelings.
- Avoid advice to fix it.
- Avoid debating on the value of life.
- Avoid offering clichés.

DO:

- Listen.
- Express concern and caring.
- Ask open-ended questions.
- Talk about suicide openly and directly.

