

C A R E

ASK



Say something like:

**"I have to ask, are you
feeling suicidal?"**

"Have you thought about suicide?"

**"Have you had thoughts about
harming yourself or not being here?"**

There's no way around it. Talking about suicide can feel massive, but it's important to be direct and not to shy away from using the word. You might also want to check out our guide on slang words for suicide. You can find it in the menu.