

C A R E

ASK



Say something like:

**"Sometimes when people
are really struggling they
have thoughts of suicide.
Do you feel like that?"**

It's a misconception that talking about suicide puts the idea in someone's head. In fact, the opposite is true - talking about suicide helps stop suicide. When asking about suicide, approach the conversation gently and with care. Make it clear that there's no judgement and that you can find support together.