Suicide Warning Signs

Stigma associated with mental illnesses can prevent people from getting help. Your willingness to talk about mental or emotional issues and suicide with a friend, family member, or co-worker can be the first step in getting them help and in preventing suicide.

- **Don’t try to minimize problems**
- **Never keep a plan for suicide a secret.**
- **Ask these questions**

### Warning Signs of Suicide

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- If someone is not at imminent risk but is experiencing suicidal thoughts, action should be taken. Suicidal ideation should never be minimized. This action may include:
  - Text START to 741741 from anywhere in the USA, at any time, about any type of crisis.
  - Call the EAP to speak with a licensed counselor 24/7.
  - Call a local counseling office and schedule an urgent appointment.
  - Call the National Suicide Prevention Lifeline 1-800-273-TALK (8255).

### Additional Warning Signs

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- **Reassure them that help is available, that what they are experiencing is treatable, and that suicidal feelings are temporary.**
- **Ask if they feel you don’t understand or feel like they are wrong for feeling the way they do.**
- **Help find a doctor or a mental health professional.**
- **Help the person you care about for help. Remember, always take thoughts of or plans for suicide seriously.**
- **Reassure them that what they are experiencing is treatable and that suicidal feelings are temporary.**

#### Additional Warning Signs

- **Questions that are okay to ask**
  - What, if anything, has stopped you from going through with it?
  - Have you thought about what method you would use?
  - Have you ever felt so bad that you thought about suicide?
  - What have you done to control suicide or try to kill yourself?