

# Three Steps to Ask About Suicide

• A Guide For Friends and Family

## 1 START

### Set the stage.

- Find a quiet space.
- Stay calm.
- Take time to listen.
- Understand their stressors.

### Start by saying:

- How have you been lately?
- How are you coping with \_\_\_\_?

## 2 ASK

### Ask about suicide.

- With everything going on, have you thought about ending your life?

### Be curious about what's going on in their life.

- I want to understand, can you tell me more?

### Ask about plans.

- Have you thought about how you might end your life?

## 3 RESPOND

### Thank them.

- Thank you for sharing with me, it takes courage.

### Show them you get it.

- I know it feels like things won't get better.

### Support them.

- We'll figure this out together.

