

Preventing Suicide

Know the Signs

- Looking for a way to kill oneself
- Talking, writing or posting on social media about death or suicide
- Feeling hopeless, trapped, worthless, or a lack of purpose
- Withdrawing from loved ones or society
- Dramatic changes in mood
- Giving away money or prized possessions

Ask

Asking if someone is having thoughts of suicide does not cause it or plant the idea in their head. Asking directly shows you care and may encourage the person to open up.

Listen

Spend uninterrupted time listening non-judgmentally and let the person know you are there for them.

Support

Keep them safe. Connect them with professional help and offer support in ways you're able to (driving them to appointments, calling 988 together, etc.).

Follow Up

Check in regularly and have a plan in place if you can't reach them.

Need help? Call, text, or chat 988 24/7 to connect with a trained professional.

988

SUICIDE & CRISIS
LIFELINE


helpline
center

Change the Narrative

One of the most effective ways to prevent suicide is to talk about it. Suicide-safe language communicates empathy in a non-judgmental tone and empowers individuals to not feel defined by their challenges.

Instead of	Try Saying
Commit(ed) suicide	Died by suicide or took their own life
Failed suicide or unsuccessful suicide	Attempted suicide or Survived a suicide attempt
Suicide victim	Person who died by suicide
Suicidal	Having suicidal thoughts
Crazy or mentally ill	Living with a mental health challenge

Create a Safety Plan

A safety plan is a personal guide to turn to when having suicidal thoughts. A safety plan is written by the individual at a time when they can think clearly, and contains a list of coping strategies, support people, and key resources. You can find a safety plan worksheet at SDSuicidePrevention.org/Action/Safety-Plan.



**Learn more and
find resources at:**
www.SDSuicidePrevention.org

