ON WORLD MENTAL HEALTH DAY
focus on SUICIDE PREVENTION.

ASK the question that could save a life.

1. Ask The Question ➤ Evidence shows that asking at risk individuals if they are thinking about suicide does not plant the idea in their head. ASK DIRECTLY: “ARE YOU THINKING ABOUT KILLING YOURSELF?” BE PREPARED FOR THE RESPONSE

2. Keep Them Safe ➤ Is your friend thinking about suicide? Ask if they’ve thought about how they would do it & separate them from anything they could use to hurt themselves.

3. Be There ➤ If your friend is thinking about suicide. Listen to their reasons for feeling hopeless and in pain. Listen with compassion and empathy and without dismissing or judging.

4. Help Them Connect ➤ Help your friend connect to a support system. It can be a trusted individual like a family member, other friends, spiritual advisor, mental health professional, coach, co-worker or therapists so that there is an easily available safe network to reach out to.

5. Stay Connected ➤ Follow up and stay in touch with your friend. Continuing to make contact in the days & weeks after a crisis can make a difference in keeping them alive. Ensure your contact is regular and meaningful, if possible try to do it face to face and stay aware of the warning signs.

How - When you ask the question “Are you thinking about suicide?” it communicates that you’re open to speaking about suicide in a non-judgmental and supportive way. Asking in this direct, unbiased manner, can open the door for effective dialogue about their emotional pain and can allow everyone to see what next steps need to be taken. Other questions you can ask include, “How do you hurt?” and “How can I help?” BE THE ONE TO ASK. Do not ever promise to keep their thoughts of suicide a secret.

#ASK_the_question

Suicide does not discriminate. People of all genders, ages, and ethnicities can be at risk. Suicidal behavior is complex & there is no single cause. Many factors can contribute to someone making a suicide attempt. Learn the signs and symptoms and ask the question if you feel concerned about a friend or loved one.

“IS SUICIDE ON YOUR MIND?”

TAKING MENTAL HEALTH GLOBALLY, ONE COMMUNITY AT A TIME.

FRIENDSHIP BENCH®