**This year's theme is Suicide Prevention. Ask the question.**

“Are you thinking about killing yourself?”

**Be Prepared for the Response**

1. **Should the response be;**

   - Yes, maybe, a little bit, sort of, I’m not sure, I don’t really know, (silence), tears, blushing, avoidance, diversion, I don’t know another way, I’m so tired, I just want it to end, I’m exhausted, (starting at the ground), there’s nothing anyone can do to help......

   - OR just a feeling of uncertainty in your stomach, rather be safe than sorry!

2. **Don’t leave them alone until there is a plan for support**

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.