

HELPING A FRIEND

Who is struggling

- 1 Pay Attention.** Look for the signs of mental illness/suicide and know the resources available.
- 2 Ask.** If you think a friend is struggling, ask them upfront about it. Ask if they are considering suicide.
- 3 Get an Adult.** Never promise to keep your friend's feelings a secret. *Their life may be in danger.*
- 4 Be There.** Don't worry about saying the right words. Your presence and support are what counts.
- 5 Keep in Touch.** Check up on your friend and be available.
- 6 Be Patient.** Bad days happen. Be a friend on both the good and the bad days.



IS YOUR **FRIEND...**

- talking about suicide?
- saying they want to die?
- feeling hopeless?
- isolating self?
- engaging in self-destructive behavior?
- having troubles eating/sleeping?
- abusing substances?
- lashing out in anger?
- feeling out of control?
- getting affairs in order, tying up loose ends, or saying goodbye?

Contact a trusted adult, hotline, textline, or chatline to speak to a trained crisis worker.



IF YES...

**PLEASE
LIVE
.ORG**