



# Supporting Someone with Suicidal Thoughts

We might be the one having the conversation with the person, but the responsibility is not all ours. Remember you are not doing this alone and neither is the person you're talking to. Help is available.

- encourage them to talk about their feelings
- Give them time
- Take them seriously
- Try not to judge
- encourage them to seek treatment and support
- offer emotional support
- offer practical support
- help them think of ideas for self-help
- help them to make a support plan
- Don't skirt around the topic