

STARTING TOUGH CONVERSATIONS

SUICIDAL THOUGHTS

Watching a friend struggle can be overwhelming and heartbreaking. You want to help, but you're not sure how to, and you are afraid they might be having suicidal thoughts. The best way to find out if someone is thinking about suicide is to ask.

HERE ARE SOME WAYS YOU CAN INITIATE A CONVERSATION

- "You seem distant. What's going on?"
- "I've noticed you seem anxious, and I'm wondering how you're doing."
- "You don't seem like yourself. I'm worried about you, and I'm curious about how you're feeling."

ONCE YOU'VE STARTED THE CONVERSATION, YOU CAN BEGIN TO ASK QUESTIONS LIKE

- "How long have you been feeling like this?"
- "Can you tell me what you think made you begin to feel this way?"
- "Are you having thoughts of hurting yourself?"
- "Are you having thoughts of suicide?"
- "What can I do to best support you right now?"
- "What do you think about getting help?"

PHRASES OR WARNING SIGNS TO LOOK OUT FOR

They may not be willing to confirm that they are struggling or thinking of suicide, but the following phrases are warning signs of unhealthy responses to stress:

- Can't stop the pain
- Can't think clearly
- Can't make decisions
- Can't see any way out
- Can't get out of depression
- Can't make the sadness go away
- Can't see the future without pain
- Can't see themselves as worthwhile
- Can't get someone's attention
- Can't seem to get control

YOU RECOGNIZE THAT SOMEONE IN YOUR LIFE IS SUFFERING, NOW WHAT?

You connect, you reach out, you inspire hope, and you offer help. **#BeThere_Marine**

SUPPORT & RESOURCES

If you want help preparing for your tough conversation, contact your Community Counseling Center.

If you or someone you know is experiencing feelings of "can't," have the courage to seek help by calling the **DSTRESS** Line at **1-877-476-7734**, or chat anonymously online, or call **1-800-273-TALK** (Military and Veteran's Crisis Line, National Suicide Prevention Hotline).

