



STARTING TOUGH CONVERSATIONS

STRESS



Watching a friend struggle can be overwhelming. You want to help, but you're not sure how to, or you are afraid the person might be having suicidal thoughts. The best way to find out if someone is struggling is to ask.

WAYS TO START A CONVERSATION

- "You seem distant. What's going on?"
- "I've noticed you don't seem like yourself, 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."
- "How long have you been feeling like this?"
- "Are you having thoughts of hurting yourself?"
- "Are you good? No seriously, are you good?"
- "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



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

- 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.

SUPPORT AND RESOURCES

If you want help preparing for your tough conversation, contact your [Community Counseling Center](#) or visit:

www.veteranscrisisline.net

| www.usmc-mccs.org/protect

| militaryonesource.mil

Dial 988, and press 1 or text 838255

Dial 800-342-9647