

WAYS TO SUPPORT SOMEONE EXPERIENCING EMOTIONAL PAIN

ASK

YOU CAN ASK SOMEONE IF THEY ARE HAVING SUICIDAL THOUGHTS -- IT HAS BEEN SHOWN THAT ASKING AT-RISK INDIVIDUALS IF THEY ARE SUICIDAL WILL NOT INCREASE SUICIDES OR SUICIDAL THOUGHTS.



KEEP THEM SAFE

ASK THE AT-RISK INDIVIDUAL IF THEY HAVE A PLAN FOR SELF-HARM AND REDUCE THAT PERSON'S ACCESS TO LETHAL ITEMS AND/OR PLACES.



BE THERE

LISTEN WITH AN OPEN MIND AND LEARN WHAT THAT PERSON IS FEELING. ACKNOWLEDGE THOSE FEELINGS AND ASK QUESTIONS.

HELPING WITH DAILY TASKS CAN ALSO GO A LONG WAY.



STAY CONNECTED AFTER A CRISIS OR A DISCHARGE FROM CARE.

STUDIES SHOW THAT CHECKING IN ON AN AT-RISK INDIVIDUAL WILL LOWER THE RATE OF SUICIDE DEATHS.

HELP THEM CONNECT



HELP THEM GET IN TOUCH WITH A TRUSTED INDIVIDUAL SUCH AS A FAMILY MEMBER OR MENTAL HEALTH PROFESSIONAL.

BE PATIENT

HELPING SOMEONE SUFFERING FROM EMOTIONAL PAIN CAN BE FRUSTRATING. MANY HAVE A TENDENCY TO DISTANCE THEMSELVES FROM THEIR LOVED ONES.

STAY IN TOUCH



THIS POSTER WAS MADE USING DATA FROM THE NIMH

To Be **Honest**

A PROGRAM OF MOMENTUM FOR HEALTH

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