What if your friend or acquaintance could be suicidal?

“I saw your post online and am concerned about you. Do you have time to talk?”

“What’s been the worst of it over this past week?”

“How bad does it get for you?”

Warning signs may indicate an immediate risk for suicide:

- A threat to self-harm
- Uncharacteristic hopelessness
- Unusual or increasing alcohol or drug use
- Dramatic mood changes
- Seeking access to a firearm, pills, or other lethal means

If you see warning signs for suicide, contact a mental health professional or emergency responder.

Your support can be direct (talking to the person you’re concerned about), indirect (involving another person or resource), or both. For three steps to helping someone who may be at risk of suicide, see Student Health 101, February 2017.