

Suicide Do's and Dont's:

1. If person A tells you that person B is considering suicide.

- a. Do:
 - i. Ask follow up questions and see if person A knows anything more about the situation, in terms of how long person B has been thinking about this, and if they have a plan of what that looks like. Asking things that would be helpful to pass onto a staff member or the police if necessary.
 - ii. Tell a staff person and discuss whether the police need to be involved
 - iii. Set up time with person B if you have a relationship. Not to directly confront this, but to be another friend in their life they can talk to if they want to.
 - iv. Check on how person A is doing. Don't interrogate them, just be there for them, and encourage them if necessary.
 - v. Use the Suicide Hotline as a resource: Dial 988
- b. Don't:
 - i. Tell people who aren't involved (If they are not part of the problem or part of the solution, it's just gossip.)
 - ii. Panic.
 - iii. Stay quiet and avoid asking questions.
 - iv. Interrogate person A. and ask a constant stream of questions.

2. If you suspect someone you know is considering suicide.

- a. Do:
 - i. Call them/meet with them and ask after their well-being. Ask if they've been feeling depressed, hopeless, overwhelmed.
 1. If yes to those above, ask if they've had suicidal thoughts or ideations.
 2. If no, have a good conversation with them where you ask about their life and initiate a time to meet up in the next week.
 - ii. If they've had suicidal thoughts, ask them if they have made any sort of specific plan for suicide.
 1. If yes:
 - a. call a staff member and ask for help immediately.
 - b. Consider calling the police for a wellness check if you think the person is an immediate danger to themselves.
 - c. If they want to go to an emergency room, check for a hospital that has a psychiatric ward (or mental health ward/behavioral health ward).
 2. If no:
 - a. Ask them how recently and how often they've been considering it, and how seriously they have been thinking about it.

b. If the answers to above questions are concerning, call a staff member right away.

b. Don't:

- i. Just shrug it off and figure it's all in your head
- ii. Assume it's true until you have a conversation with them and ask good questions
- iii. Go around asking their friends if they think so and so is suicidal too before talking to that person.
- iv. Be subtle in your questions hoping they'll get the drift. This is not a time for subtlety.

3. If someone has told you they are considering suicide.

a. DO:

- i. Ask them if they have a plan:
- ii. If yes:
 1. Communicate that you want to immediately address this. Call a staff member, and if you feel comfortable, take them to check in at an emergency room. If you do not feel comfortable, call 9-1-1
- iii. If no:
 1. Still call a staff member right away.

b. Don't:

- i. Panic. DO be firm and steady when talking to them, and ask questions to figure out what's next.
- ii. Promise to keep it a secret
- iii. Be patronizing ("It could be worse", "don't be so dark dude", etc.)

4. Someone has attempted suicide and you have found out.

• Do:

- a. express compassion and concern, be calm
- b. ask questions like "how are you feeling right now?", "do you want to talk about what led up to that?"
- c. Actively listen and try to understand where the person is coming from
- d. ask if you can pray together
- e. ask if there is anything around them currently that might be a temptation for hurting themselves
- f. *immediately* talk to a staff person afterwards and ask for help moving forward

• Don't:

- start talking about yourself/make it about you
- ask a ton of questions and make them process too much
- freak out and/or not talk at all
- try to fix anything or be an amateur counselor/psychiatrist
- keep it to yourself for any reason even if they ask you too