



notice changes in behavior or signs of depression invite yourself to start the conversation challenge the stigma empower yourself and others to take action. **How do I start the conversation?**

Are you okay? I've noticed that.... I am concerned about you. Is something bothering you? Something seems to be bothering you, do you want to talk about it? How long have you been feeling like this? Have you spoken to anyone about this before? It is hard for me to understand exactly what you are going through, but I can see that it's distressing for you. I'm not sure exactly what to do either, but I know that there are people who are trained to help with this, and I'm here with you to figure it out. Let's go have a cup of coffee and talk about it. If the feelings you are describing have been present for a long time, I think it's important that you see someone professional for help.





## Ask the Question

“Are you thinking about suicide?”

It's important to ask directly, look them in the eye, and let them know you are willing to help them.

## What to do next?

Ask them what they are going to do or where they are going next. Suggest professional help when appropriate. Know community resources or where to find them. National Suicide Prevention Hotline 1-800-273-8255

Call 911 in an emergency.

