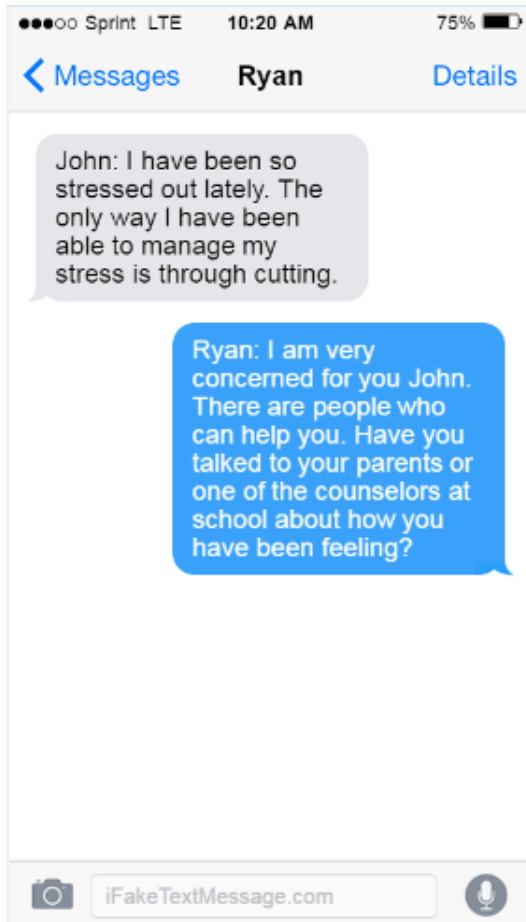
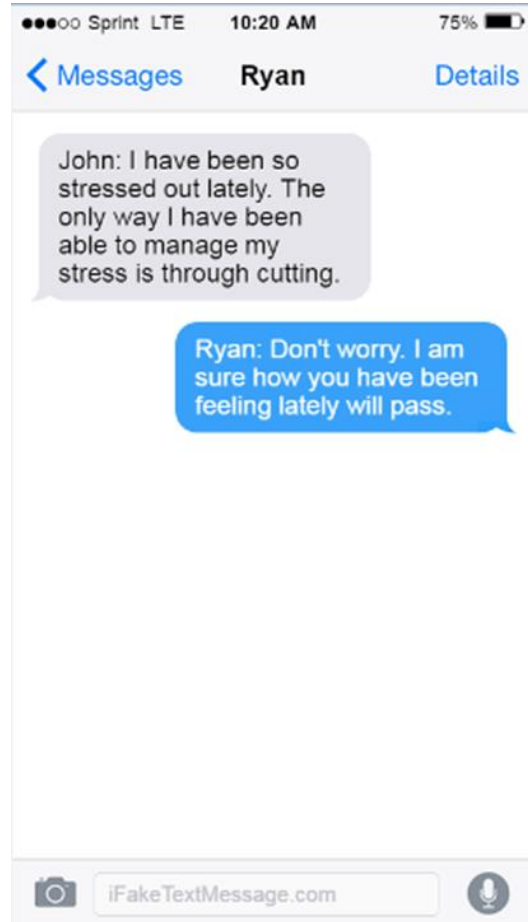


Say This

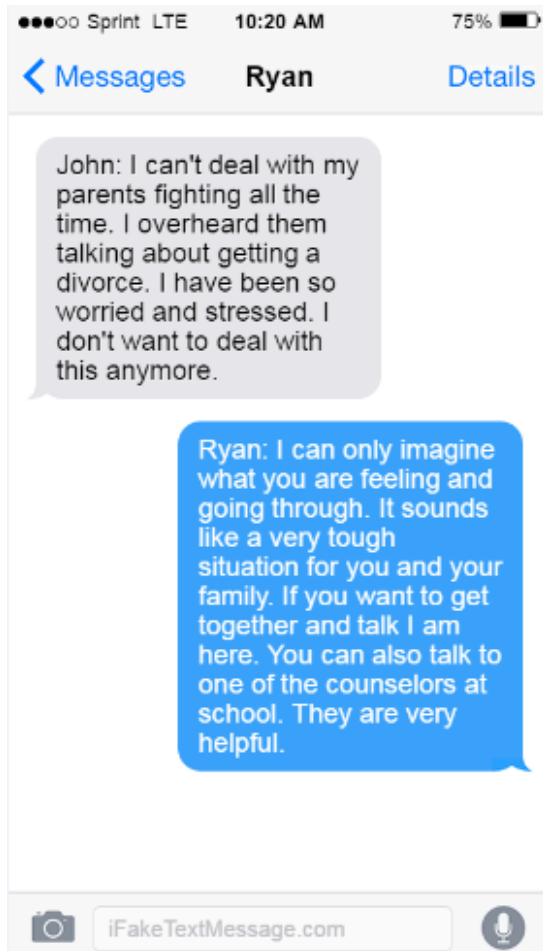


Not That

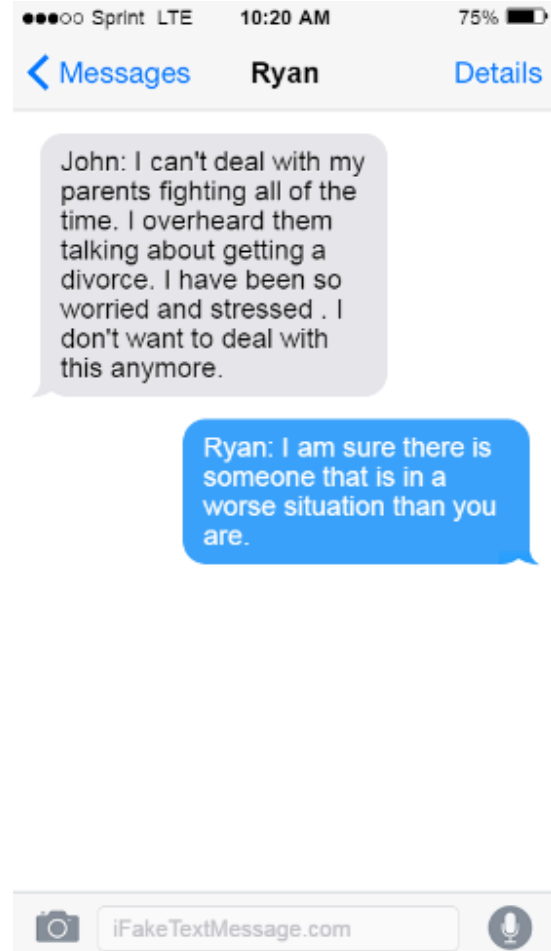


Responding with comments such as “it will pass” can make your friend feel worse. It is important that you let your friend know you care. Letting your friend know that you take their situation seriously, will go a long way in your effort to support them.

Say This



Not That



Make sure to let your friends feel supported. Responding with a negative comment like this can make your friends feel as though their feeling are insignificant.

Say This



Not That



Do not promise secrecy. Your friend may say that they do not want you to tell anyone that they are suicidal. You may be concerned that they will be mad at you if you tell someone. However, when someone's life is at risk, it is important to ensure their safety first.