

WHAT IS HELPFUL

◆ SHOW YOU CARE

- “I am concerned about you, about how you’re feeling.”



◆ ASK THE QUESTION

- “Are you thinking about suicide?”



◆ GET HELP

- “You are not alone. Let me help you. Let’s call the crisis line.”



Prevention Steps

Show You Care

Listen Carefully

- “I’m concerned about you . . . about how you feel.”
- “You mean a lot to me and I want to help.”
- “I don’t want you to kill yourself.”

Ask The Question

Be direct in a caring, non-confrontational way

- “Are you thinking about suicide?”
- “How long have you been thinking about suicide?”
- “Have you thought about how you would do it?”

Get Help

Do not leave him/her alone

- “I know where we can get some help.”
- “I can go with you to where we can get some help.”
- “You’re not alone. Let me help you.”

Suicide

Risks & Warnings

- Past attempts
- Talk of Suicide
- Plans for Suicide
- Depressed/anxious/hopeless
- Loss
- Alcohol/drug use & abuse
- Access to lethal means

RESOURCES FOR HELP

- Crisis telephone line **1-888-568-1112**
- Physician/health care providers
- Mental health specialist
- Private clinics and facilities
- Hospital emergency room staff

Maine Suicide

Prevention Program

Education, Resources and Support. It’s Up to All of Us.



Department of Health
and Human Services
Maine People Living
Safe, Healthy and Productive Lives

Paul R. LePage, Governor

Mary C. Mayhew, Commissioner