

WHAT IS HELPFUL

◆ SHOW YOU CARE

- “I am concerned about you, about how you’re feeling.”
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◆ ASK THE QUESTION

- “Are you thinking about suicide?”
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◆ GET HELP

- “You are not alone. Let me help you. Let’s call the crisis line.”
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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.”
- “Please tell me what is going on with you; I’m concerned”

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 take your life?”

Get Help

Do not leave him/her alone

- “I know where we can get some help.”
- “I can go with you to 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
- Losses or recent setbacks
- Alcohol/drug use & abuse
- Access to lethal means

RESOURCES FOR HELP

- School counselor or school nurse
- Crisis telephone line **1-888-568-1112**
- Mental health specialist
- Private clinics and facilities
- Hospital emergency room

Maine Suicide Prevention Program

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



Maine Center for
Disease Control and Prevention
An Office of the
Department of Health and Human Services

Paul R. LePage, Governor

Ricker Hamilton, Commissioner