



ZERO REASONS WHY

ADDITIONAL MENTAL HEALTH RESOURCES

Helpful Messaging

When speaking on the topic of mental health and suicide, it is important to be intentional in your message. You can do this by providing hope, dispelling myths and encouraging help-seeking behaviors.

How to approach the conversation with someone you are concerned about:

- Provide hope. Let people know that help is available, treatment is effective and recovery is possible.
- Provide resources. Inform people about warning signs and risk factors and where to seek help.
- Use appropriate language. Language has evolved. Avoid terms such as “committed suicide” or referring to suicide as “successful” or “unsuccessful” or a “failed attempt.” Instead use “died by suicide” or “completed suicide.”
- Encourage getting help. Stories of recovery through help-seeking and positive coping skills are powerful, especially when they come from people who have experienced suicide risk.
- Be equipped. Save a crisis number in your phone so you can reach out if you or a friend are in crisis.

How to reach out for help for yourself or someone else:

- Let the person know they are not alone
- Contact a trusted adult
- Reach out for help:

→ National Suicide Prevention Lifeline (800) 273-8255

→ Crisis Text Line, text HELLO to 741741

What to do in an emergency: Call 911 immediately if there is a risk of someone harming themselves or someone else.



What To Look For

Know the Warning Signs

- Talking about wanting to die
- Looking for a way to kill oneself
- Talking about feeling hopeless or having no purpose
- Talking about feeling trapped or unbearable pain
- Talking about being a burden to others
- Increasing the use of drugs or alcohol
- Acting anxious, agitated or recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

Additional Resources

suicidepreventionlifeline.org

nami.org

reportingonsuicide.org

sprc.org

thetrevorproject.org

stopbullying.gov

