WHAT TO DO IF YOU SUSPECT SOMEONE IS SUICIDAL

IF YOU ARE CONCERNED ABOUT SOMEONE:

1. Show them that you care
   “I’m really worried about you”

2. Ask if they are thinking about suicide
   “Have you been thinking about suicide?”

3. Get help
   “Who do you trust to talk with about this?”

4. Don’t promise to keep it a secret

JUST TALK ABOUT IT!

ALABAMA PUBLIC HEALTH

BECAUSE ONE SMALL ACT CAN MAKE A DIFFERENCE