

# Start the conversation if you suspect that someone is suicidal

1. Show them that you care.  
"I'm really worried about you."
2. Ask if they are thinking about suicide.  
"I can imagine how tough this must be for you. Have you been thinking about suicide?"
3. Get Help.  
"Maybe there's a chance you won't feel this way forever. I can help."

If you are thinking about suicide, are worried about a friend or loved one, or would like emotional support, [988lifeline.org](http://988lifeline.org) is available 24/7.  
Just Talk About It.



Call or text 988  
*Available 24 hours every day*  
ALABAMA PUBLIC HEALTH  
[alabamapublichealth.gov/suicide](http://alabamapublichealth.gov/suicide)

