



How to Talk About It

You do not have to have the right words. You just have to start.

IF YOU ARE STRUGGLING

How to tell someone you trust

→ *I have been going through something and I need to talk to someone I trust.*

→ *I do not know how to explain it, but I have not been okay.*

→ *I need help. I did not know how to say that until right now.*

→ *Can I just talk to you? I do not need advice. I just need you to listen.*

→ *I am struggling more than I have let on.*

If they do not respond how you hoped: That is not about you. Try someone else. Keep trying. You deserve to be heard.

You tried. That matters. Try again.

Call or text 988 — Suicide & Crisis Lifeline, 24/7, free, confidential



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IF SOMEONE YOU KNOW IS STRUGGLING

How to show up for them

→ *I have noticed you seem off lately. I am here if you want to talk.*

→ *I do not need to understand everything. I just want you to know I am not going anywhere.*

→ *Are you okay? Like, actually okay?*

→ *I am worried about you. Can we talk about what is going on?*

→ *Have you thought about hurting yourself? I am asking because I care.*

It is okay to ask directly. Asking about suicide does not put the idea there — it opens the door.

What NOT to say:

- X** You have so much to be grateful for.
- X** Other people have it worse.
- X** Just push through it.

If you are scared for their safety: Stay with them. Call 988 together. Call 911 if they are in immediate danger. Your instinct to act is the right instinct.

You do not have to fix it. Just stay.

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