

# 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.”
- “I don’t want you to kill yourself.”

### 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 would do it?”

### Get Help

Do not leave him/her alone

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

## RESOURCES FOR HELP

- School counselor
- Crisis telephone line **1-888-568-1112**
- Physician/health care providers
- Mental health specialist
- Private clinics and facilities

## Maine Youth Suicide Prevention Program

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



Maine Center for  
Disease Control

An Office of the  
Department of Health and Human Services

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