

## TALKING TO A PERSON ABOUT SUICIDE

Give the person an opportunity to express their feelings by approaching them and asking them to speak about it

- **Conversation Starters:** I have been concerned about you lately.  
I have noticed some changes in you and was wondering how you were doing.
  
- **Questions to Ask:** When did these feelings start?  
How can I best support you?  
Have you considered getting professional help?
  
- **Helpful Things to Say:** You are not alone.  
  
I am here for you.  
  
I know it is difficult to believe this now, but the way you are feeling will change.  
  
I may not be able to understand exactly how you feel, but I care about you and want to help.  
  
When you want to give up, tell yourself to hold off for just one more day, hour, minute-whatever you can manage.

[SafeTALK](#) (Tell, Ask, Listen, KeepSafe) Training:

[SafeTALK](#) is a 3 hour training session that prepares anyone over the age of 15 to identify individuals who express thoughts of suicide and connect them to suicide prevention first aid. This is a research-based curriculum that is taught by certified suicide prevention trainers. This training is geared toward non-clinical providers, parents and youth at least 15 years old. [SafeTALK](#) will provide a basis for you to recognize suicidal thoughts expressed by an acquaintance, co-worker or family member that you would otherwise miss, dismiss or avoid and show you how to connect them to appropriate mental health services. NYS Office of Mental Health offers training in [SafeTALK](#) throughout the state.