

YOU ARE
NOT
ALONE

How to
Support Someone
in a Crisis

SWIPE TO LEARN MORE

nami.org/suicidepreventionmonth



About Supporting Someone in a Crisis

When a suicide-related crisis occurs, friends and family are often caught off-guard, unprepared and unsure of what to do. The behaviors of a person experiencing a crisis can be unpredictable, changing dramatically without warning.

See nami.org/suicideprevention for more information.

Supporting Someone in a Crisis

- Talk openly and honestly. Don't be afraid to ask questions such as, "Have you had thoughts of ending your life?"
- Calmly ask simple and direct questions such as, "Can I help you call your psychiatrist?"
- If there are multiple people around, have one person speak at a time
- Express support and concern

Supporting Someone in a Crisis

- Remove means such as guns, knives or stockpiled pills
- Don't argue, threaten or raise your voice
- Don't debate whether suicide is right or wrong
- If you are nervous, try not to fidget or pace
- Be patient



If you're in crisis,
call the National Suicide
Prevention Lifeline at

800-273-TALK (8255)

or use the Crisis Text Line

Text "NAMI" to 741741

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