

Tips for SUPPORTING FRIENDS WHO ARE THINKING ABOUT SUICIDE



About 12% of young adults (almost 4,000 LSU students) have serious thoughts about suicide each year.

WHAT CAN I DO?

- **Break the silence. Start the conversation.**
- If you're worried about your friend, you can **ask** if they are thinking about suicide.
- Talk **openly** and **directly** about suicide.
- Be **warm, encouraging, supportive**, and offer a **listening** ear.
- Ask how you can **support** them - say "I am here for you, how can I best support you?"

WHO CAN I ASK FOR HELP?

- Did you know, you can call the **National Suicide Prevention Lifeline** at **988** (24/7) to talk to a counselor about suicide, and figure out how to help your friend?
- In an emergency, call **911**.

ADDITIONAL RESOURCES

By the Consortium for the
Advancement of Suicide
Prevention (CASP)
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