How to Help Someone at Risk of Suicide

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NPR [1]

A recent survey [2] found most Americans know suicide is preventable and would like to be able to help a person at risk. But it can be hard to know what to do when a loved one is struggling. Experts offer these tips: (1) watch for the warning signs [3] of suicide; (2) if you notice someone is having a hard time, reach out and ask how they are doing; (3) ask directly if they are feeling suicidal; (4) ask follow-up questions to find out their level of risk; (5) if they are in crisis, stay with them and connect them with help [4]; (6) listen and offer hope; (7) create a safety plan [5] together; (8) help them find a mental health professional; and (9) explore online supports [6]. You do not need formal training to help someone, according to Doreen Marshall, a psychologist and vice president of programs at the American Foundation for Suicide Prevention. "Everyone has a role to play in suicide prevention," she said.


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