How to Help a Friend Who is Suicidal

Possible Suicidal Thoughts
- Everyone would be better off without me.
- I don’t care what happens to me.
- I have nothing to live for.
- I can’t take this pain anymore.
- Sometimes I wish I wouldn’t wake up.
- There is no hope anymore.

Warning Signs
- Withdrawal from Friends or Family
- Irritability or Aggressiveness
- Loss of interest in hobbies or classes
- Increased Alcohol or Drug Use
- Sleeping Too Little or Too Much
- Extreme Mood Swings
- Talking about wanting to die
- A sense of hopelessness
- Giving Away Possessions
- Visiting or Calling to say Goodbye
- Possessing Lethal Means
- Acting Recklessly

How to Respond
ASK DIRECTLY:
Are you having suicidal thoughts?
or
Are you thinking of killing yourself?

IF YES, FOLLOW THESE STEPS:
- Do Not agree to secrecy
- NEVER leave the person alone
- Do Not take personal responsibility for their safety
- Involve a professional
- Do Not try to argue them out of it
- Do say you don’t want them to die

What to Say
- I am here to listen
- I care about you
- There is hope for the future
- What can I do to help?

CONTACT THESE SUPPORTS:
If on campus and during business hours (8am–12pm & 1pm–5pm) walk with your friend to Counseling Service

If after hours contact an RA/Hall Director or Campus Safety 563-387-2111
If off campus—Call Suicide Prevention Lifeline 1 (800) 273-8255
If thoughts continue take the individual to the nearest ER

Remember: You can always come to our office to consult about how to help a friend.