

# How to help a friend

## ***Let's get better together.***

If you're worried that a friend may be thinking about suicide, you need to take action. Visit **NeveraBother.org** for resources that can help you and your friend.

### **Have a conversation.**

The most important step is to talk to your friend about your concerns. You can say:

*"I need to ask you: have you been thinking about not wanting to be alive anymore?"*      *"Have you been thinking about suicide or ending your life?"*

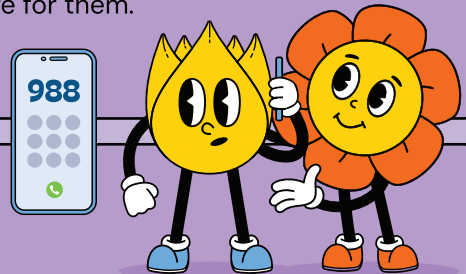
### **Reassure, comfort, validate and support.**

Opening up about thoughts of suicide can be intimidating. Tell your friend that they are never a bother, and you're there for them.

### **Get more support.**

If your friend answers "yes," take it seriously. Remain calm and thank them for their honesty. Encourage them to talk about the reasons they feel this way. You can say:

- *"I care about you and I want to help, but we can't do this by ourselves. Is there anyone you'd feel comfortable talking to about this? I can be there with you."*
- *"Would you be okay if we call the crisis line together? They can give us advice."*



# Make sure your friends know they are *never* a bother.

If you're worried about a friend, call or text 988 to reach the Suicide & Crisis Lifeline or reach out to a trusted family member, teacher, mentor or counselor. It's okay to break a friend's trust if you're worried they might harm themselves.

**Call or text the Suicide and Crisis Lifeline at 988,**  
24 hours a day, 7 days a week.

**Call Teen Line at 1-800-852-8336** (6 PM–10 PM PT)  
**or text TEEN to 839863** (6 PM–9 PM PT).

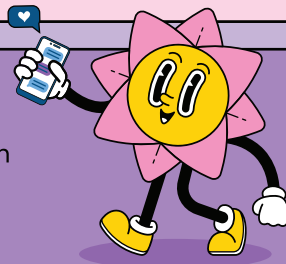
*These services are 100% free of charge, confidential and judgment free.*

## **You will:**

- Be connected to caring trained pros
- Be heard and understood
- Be asked some questions about yourself (but answering is optional!)
- Receive support and resources

## **You will not:**

- Be required to provide information you don't want to
- Be judged for your feelings



Visit **NeverABother.org** for additional resources and details on what happens when you contact 988, Teen Line and more.