

# Talking About Suicide

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Having a conversation about suicide lets someone know they do not have to be alone, that there are people who want to listen and want to help.

When talking about suicide, the words we use are important. Keep it **clear, factual** and **neutral**.

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## Instead of

## Try saying

Completed /  
committed suicide



Died by suicide

They are suicidal



They are having thoughts of  
suicide

That makes them at-risk of  
suicide



Those are factors that may  
increase people's risk for suicide

Burden of suicide



Social and economic costs  
associated with suicide

High-risk people /  
populations / groups



Populations with potentially high  
risk for suicide

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If you're having thoughts of suicide,  
please call or text **9-8-8**.

If you're experiencing a mental  
health crisis, call **310-6789**.