

Talking About Suicide

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**.

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

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

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