

# 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**.