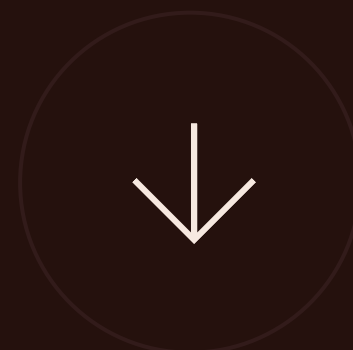




Supporting Your

SUICIDAL
LOVED ONE



@loudsilencesblogs

1

Take their words seriously

Don't dismiss their words or assume they're seeking attention.

2

Stay calm

Being **calm** can help them feel safer and more understood.

3

Listen actively

Listen **without** judgement, and let them express themselves without interrupting.

4

Express empathy

Let them know that you **care** about their well-being and that you're there to **support** them.

5

Ask open-ended questions

E.g., “Can you tell me more about what’s been going on?” **or** “How long have you been feeling this way?”

6

Encourage Professional help

Offer to help them find a mental health professional or accompany them to appointments.

7

Remove immediate risks

If there is an immediate threat to their safety, **take** action.

8

Stay connected

Send **messages, call, or visit** if possible.

9

Respect their privacy.

Pushing too hard can be counterproductive.

10

*Involve trusted friends
and family*

Having a **support network** can offer offer more resources and perspectives.

11

Educate yourself

Understanding the challenges can help you provide better support.

12

Practice self-care

Make sure to **take care** of your own mental and emotional well-being.