

Asking About Suicide

| | Helpful | Less helpful |
|------------------------------|--|--|
| Be clear | Suicide Killing yourself Ending your life | Harming yourself Hurting yourself Taking your life doing something silly |
| Be direct | Are you thinking about suicide? Have you been thinking about ending your life? | Can you tell me what you mean when you say you don't want to be here anymore? |
| Use Present tense | Have you been.. Are you.. | Have you ever.. |
| Non - Judgmental | Are you thinking about suicide? Are you thinking about killing yourself? | You're not thinking of doing something silly/stupid are you? |