

10 Ways To Help Someone Who's Depressed Or Suicidal



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Depression, self-harm, and suicide can be hard to talk about, but having a conversation about it is one of the most helpful things you can do. Here are ten tips on how to talk to a friend who's struggling.

Tell someone

Trust your gut – if you have a feeling that something's not right with your friend, or you think they might need help, tell a parent, guidance counselor, or teacher you're worried about them.

Tell them they're not alone

When people are depressed, they can feel extremely lonely. Make sure to reach out to them and tell them you're there for them and available to talk.

Take them seriously

People may talk about killing themselves jokingly, but suicide is no laughing matter. If someone talks about it, check in with them, even if you think they might be joking.

Drop them a note

If you know someone who might be depressed, you could drop a nice note in their locker or backpack that says something like "I'm happy you're my friend."

Provide resources

Encourage them to reach out to their parents or a crisis helpline. There's even a crisis text line - 741741 that you or your friend can text.

Offer hope

SAY: "I know giving up might seem like the only option right now, but these feelings will go away with the right help."

Don't give advice

Your friend needs an ear to listen or a shoulder to cry on more than anything. It's not about the situation; it's about how badly your friend is hurting.

Make them feel seen

SAY: "I've noticed some differences in you and want to know how you're doing."
Or, "You haven't seemed like yourself lately - are you doing alright?"

Don't argue

Never argue, judge, or say suicide is wrong. Don't tell them to look on the bright side. Listen and sympathize with their pain.

Make future plans

Make a plan to check in with them or hang out with them at a later date. Tell them you're looking forward to seeing them again.

If you or someone you know is thinking about suicide, tell a trusted adult and use the resources below.

National Suicide Prevention Lifeline: 1 (800) 273-8255 | Crisis 24/7 Text Line: 741741

Trevor Projects 24/7 Lifeline: 1 (866) 488-7386

crisistextline.org | suicidepreventionlifeline.org | thetrevorproject.org/get-help-now/