



Mental Health Association of Northern Kentucky

A LEADER IN PROVIDING ADVOCACY, EDUCATION, AND SERVICES THAT PROMOTE MENTAL WELLNESS

EDUCATION AND SCREENING OUTREACH PARTNER FOR THE NATIONAL INSTITUTE OF MENTAL HEALTH AND
NATIONAL MENTAL HEALTH ASSOCIATION

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HOW TO HELP THE SUICIDAL PERSON

1. Listen. Do not leave the person alone without human support.
2. Take the person's feelings and thoughts seriously.
3. Accept every complaint and feeling the person has.
4. Do not challenge or administer verbal shock treatment.
This is not the time to be critical.
5. Point out that death is irreversible.
6. Remind the person that depressed feelings usually pass.
They can get help to deal with their problems and feel better.
7. Do not be afraid to talk about suicide directly. It is not contagious.
Most of the time the suicidal person has brought it up first.
You will not be putting any ideas into his or her mind.
8. Develop a plan you can mutually work out.
9. If you cannot develop a plan, seek outside emergency intervention at a hospital, mental health clinic or crisis line.
10. Find out the emergency crisis line and post it by your office and home telephones.