

# Start the conversation if you suspect that someone is suicidal

1. Show them that you care.  
"I'm really worried about you."
2. Ask if they are thinking about suicide.  
"I can imagine how tough this must be for you. Have you been thinking about suicide?"
3. Get Help.  
"Maybe there's a chance you won't feel this way forever. I can help."

If you are thinking about suicide, are worried about a friend or loved one, or would like emotional support, the National Suicide Prevention Lifeline is available 24/7. Just Talk About It.



Call 1-800-273-8255  
Available 24 hours every day  
ALABAMA PUBLIC HEALTH  
[alabamapublichealth.gov/suicide](http://alabamapublichealth.gov/suicide)

