



ASK

If you are concerned and worried that someone is in crisis don't be afraid to ask if they are thinking of suicide. It is a myth that if you ask you will give that person the idea. If someone is thinking of suicide it can be a relief to talk to someone about it. Try to ask without displaying shock, judgement or disapproval, it shows you care and are taking their distress seriously. *Example: "I'm really concerned about you, are you feeling so bad you're thinking of suicide?"*

LISTEN & SUPPORT

If the person is thinking of suicide stay with them and listen to without judgement or moralizing, then ask open questions to find out if they have a plan, if they have attempted suicide in the past and if they have the means to carry out the suicide. *Example: "Can you tell me more about what's happening for you? Have you thought about how you would do it? Have you ever attempted suicide in the past?"*

REFER

If the person has a plan and the means to carry out the plan, the risk is very high and they should be taken to emergency immediately, call 911 or contact campus security. If the person has a plan but does not have the means or does not intend to carry out the plan immediately, refer them to community mental health, campus counselling, or the distress line (if outside campus hours). *Example: "There are resources and services that can help you, would you like me to come with you to book an appointment?"*

FOLLOW –UP

Offer to follow-up with the person. You don't need to know all the details but just check in and see how they are doing. Respect their decision not to seek help – it is their choice! *Example: "Is it ok if I follow-up with you and see how things are going?"*

SEEK PERSONAL HELP

Helping someone else or listening to someone's distressing story can be difficult emotionally for those providing support. Talk to someone about it.