

How to Talk About Suicide

1. Talk to the student in private.

2. Listen to their story.

3. Tell them you care about them.

4. Ask directly if they are thinking of suicide.

a. If yes, thank them for trusting you. Let them know you want to help.

b. If no, good job for asking. You're showing you care.

5. Ask if they have someone they feel comfortable talking more about this with.

6. Let them know you'll be connecting them with a professional in your school building.

Issue	Problematic Language	Clear and Neutral Language
Language that presents suicide as a desirable outcome	"successful suicide" "unsuccessful suicide"	"died by suicide" "ended their own life" "took their own life"
Phrases that associate suicide with a crime or sin	"commit suicide" "committed suicide"	"died by suicide" "took their own life"
Language that glamorizes a suicide attempt	"failed suicide" "suicide bid"	"made an attempt to end their life" "suicide attempt"
Phrases that sensationalize suicide	"suicide epidemic"	"higher suicide rate" "increasing suicide rate" "concerning suicide rate"
Gratuitous use of the term "suicide" out of context	"suicide mission" "political suicide" "suicide pass" (in sport)	Refrain from using the word suicide out of context

Resources

[Overview of Teen Suicide](#)

[Warning Signs of Suicide in Children & Teens](#)

[What To Do When Someone is at Risk](#)



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