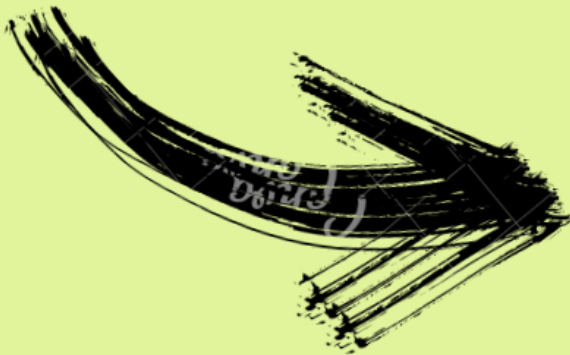


**how to**  
*offer help*  
**#suicideprevention**



**\*trigger warning**

**@myinsightclinic #suicideprevention**

# ask

directly, empathetically

*“are you thinking  
about killing  
yourself?”*

- and give them space & time to share

**@myinsightclinic #suicideprevention**

# be present

*listen to their  
concerns without  
judgement, and help  
acknowledge their  
feelings*

**@myinsightclinic #suicideprevention**

# provide options

*broach the topic of  
seeking professional  
support; share  
contacts of suicide  
hotlines*

# stay in touch

*follow up and stay in  
touch, especially if  
there was a  
breakdown or crisis  
involved*

**@myinsightclinic #suicideprevention**

# ensure safety

*help reduce their  
access to potentially  
lethal items or places*

**@myinsightclinic #suicideprevention**