



ROGER

How To Talk About Suicide

Whether you're talking with a loved one, sharing your story, or helping others understand the issue, approaching conversation about suicide with care, honesty, and compassion can make a meaningful difference.

Lead with Care

When talking about suicide, remember that anyone listening may be struggling personally or have been affected by suicide in some way. Here are some helpful tips to deepen your conversations and facilitate meaningful discussion:

- Approach conversations with empathy.
- Listen without judgment.
- Be prepared for unexpected questions or personal stories.
- When in doubt, treat others with the same care and compassion you would want for yourself.

Start with Care; Listen with Compassion

- It's okay to say the word "suicide" out loud.
- Speaking openly and confidently breaks taboos and reduces stigma.
- Be mindful of your body language, eye contact, and emotional cues.
- Stay calm, be compassionate, and listen.

A Few Suggestions

Instead of...

Committed suicide

Successful attempt

Failed attempt

A suicidal person

Consider saying...

Died by suicide

Suicide death

Suicide attempt

Someone who is thinking about suicide

Additional Guidelines

- Don't overshare details of other suicides like methods, location, or vivid imagery.
- Don't sensationalize, glamorize, or romanticize suicide.
- Don't speculate on or oversimplify the cause of a suicide death.
- Don't refer to a suicidal ideation, attempt, or act as "selfish," "stupid," or "crazy."
- Don't describe someone who discloses suicidal ideation as "attention seeking."

To learn more visit StopSoldierSuicide.org/talk