

# LET'S TALK ABOUT SUICIDE

## INSTEAD OF SAYING...

- "It's not that bad, it'll pass!"
- \* Everyone's got problems.\*
- \* Typical teen drama! \*
- \* Wake up already! \*
- "Just stop thinking about it.."
- \* You don't have to exaggerate. "
- " It's not like you would actually do it. "
- \* Can't you imagine how upset your family would be? "
- " Think about other people in your life.."
- \* Stop trying to make yourself interesting or whatever. "

## SAY

- "I am convinced that even though your circumstances are hard, your state can change. I know we can find solutions together to get through this."
- \*Everyone has problems, but not everyone has the courage to ask for help. I'm here for you."
- "I believe you when you tell me you're hurting. Do you want us to call Suicide Action Montreal together?"
- "Having thoughts like that constantly can really take a toll on someone. Tell me when you manage to think about something else."
- "When you say you're thinking about suicide, I take that seriously. I want you to get whatever help you need to feel better."
- "There are people in your life, including me, who care about you. Your life is important to us."
- "I was thinking of you today, how are you doing? Feel like going for a walk?"