



SUICIDE INTERVENTION

Be direct. Ask the question. Don't hesitate.

Let them know you care.

?

**What do I ask if I think
someone close to me is
considering suicide?**

Ask the Question.

**“Are you thinking about
killing yourself?”**

?

How do I ask this question?

**Use straightforward language
when you ask the question. Show
empathy and ensure the person
feels supported, not judged.**

?

**What do I do when
someone says are suicidal
and need help?**

**Be an active listener.
Do not leave them alone.
Help them get help.
Call 911 for life threatening
emergencies.**

This content is provided as a support resource and is not intended to replace recommendations from a physician or licensed mental health professional. Dial 911 for life threatening events.

We're here when you need us.

Contact the EAP with 24/7 Access

DEAEAP.com

800.275.7460

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