For His Family and Friends

Who is most likely to take their own lives? Adult men. Who is impacted? Everyone. It can be gut wrenching to watch a Dad, Son, Brother, or Best Friend to withdraw from the life he once enjoyed. It can be hard to understand.

What makes someone seek to end his life? It varies. Sometimes it is because of prolonged or intense stress. Sometimes it is because of medications or medical conditions like depression or chronic pain. Sometimes it can be brought on by hormone changes or by alcohol and drug use. It is very important for someone experiencing a suicidal crisis to get professional help.

What do you do when he is suicidal? Do’s:
- Remain calm.
- See if lethal means like guns and prescription painkillers can be removed from the house.
- Listen to and acknowledge the pain he is going through.
- Do tell him how much he means to you and that you care about him.
- Encourage him to talk to a counselor or family doctor. Offer to go with him to an appointment.
- Call the National Suicide Lifeline 1-800-273-8255 if you need guidance on what to do or if he is willing to talk to counselor. Lifeline is free, confidential, and is available 24/7.
- Call 911 if anyone is in immediate danger.
- If things seem overwhelming, encourage him to focus on smaller tasks.
- Continue to follow-up with him.

Don’ts:
- Don’t be afraid to talk about suicide. It is OK to ask about intentions and plans.
- Don’t make light of what he is going through.
- Don’t make judgements about his situation.
- Don’t try to cheer him up or tell him to “snap out of it.”
- Don’t make any promises about not telling anyone.
- Don’t leave him alone unless you feel that your safety is at risk.
- Don’t blame yourself.

Suicide is very much preventable. For more information, go to HelpHimStay.org.