



How to Be a Lifeline: Checking In, Speaking Up



Suicide Prevention Month is a reminder that connection matters. We may not always know when someone is struggling, but taking the time to check in can create an opportunity for them to feel seen, heard, and supported.

If you notice changes in someone's mood, behavior, or usual routines, reach out. A simple, genuine question such as, "I've noticed you haven't seemed like yourself lately. How are you doing?" can open the door to an important conversation. Listen without judgment, avoid rushing to offer solutions, and let the person know you care.

If you are concerned that someone may be thinking about suicide, don't be afraid to ask directly. Talking about suicide does not put the idea in someone's mind. Instead, asking clearly and compassionately can give someone permission to share what they are experiencing.

You don't need to have all the answers to make a difference. Be present, take concerns seriously, and help connect the person with appropriate professional or crisis support when needed.

Being a lifeline begins with noticing, reaching out, and speaking up.
One caring conversation can be a meaningful step toward hope and connection.