



- **DO YOU THINK YOU ARE THINKING OF KILLING YOURSELF?**
- **HOW OFTEN?**
- **ARE YOU READY TO DO IT?**
- **HOW WOULD YOU DO IT?**

Are you thinking of killing yourself? It is not an easy question to ask but asking this question might save a life. If a student is thinking of suicide, they will likely give you an honest answer. Most people who are suicidal want help.

Avoid saying things such as "You aren't thinking of killing yourself, are you?" The way this question is worded gives the impression that you are uncomfortable with the topic and the person is likely to answer no.

If you ask someone if they are thinking of killing themselves and they are not, they will probably appreciate that you cared enough to ask. Either way, it is a risk worth taking.

There are always instances when a person might not answer truthfully, such as this. You did your best by asking tough questions, providing help, and letting them know you care. You are honored.

### IF A STUDENT REPORTS THEY ARE SUICIDAL OR SELF-INJURING:

- **IF THE STUDENT IS SUICIDAL, ASK THEM TO STOP AND CALL 911 IMMEDIATELY.**
- **IF THE STUDENT IS SELF-INJURING, ASK THEM TO STOP AND CALL 911 IMMEDIATELY.**
- **IF THE STUDENT IS SUICIDAL AND SELF-INJURING, ASK THEM TO STOP AND CALL 911 IMMEDIATELY.**
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\* Emergency Notification Form with a Third Party Affidavit  
 \*\* Information taken from Mental Health First Aid for Youth

