A PAUSE, A PRACTICE, A NEXT STEP

Suicidal Thoughts (Suicidal Ideation)

You can tell someone, even if you are unsure what to say.

Get help now if you are in danger

In the U.S., call 911 for immediate danger, a serious injury, or a possible overdose. For crisis support, you or someone close to you can call or text 988. Outside the U.S., use your local emergency number.

Use these questions when you are safe. You can answer with someone you trust.

Tell someone what is happening

You could say, “I’m thinking about suicide. Can you stay with me while we call for help?” If you are a teen, tell an adult you trust now. If they do not help, tell another adult.

01 / Notice and reflect

Who can I reach when the thoughts return?

02 / Notice and reflect

Where could someone sit with me?

03 / Make a plan together

Who can help make my space safer?

When to seek help: Reach a person now if you are thinking about suicide. Call 911 in the U.S. for immediate danger, a serious injury, or a possible overdose. Outside the U.S., use the local emergency number.

Read more: NIMH · Questions about suicide and finding help

More tools and immediate support: Our Healing Room / Crisis Support.
For family and friends: Support someone you care about.