# 10 Ways To Help Someone

**Who’s Depressed Or Suicidal**

**Learn more at bark.us/beyondthescreen**

**Depression, self-harm, and suicide can be hard to talk about, but having a conversation about it is one of the most helpful things you can do. Here are ten tips on how to talk to a friend who’s struggling.**

**Tell someone**

Trust your gut — if you have a feeling that something’s not right with your friend, or you think they might need help, tell a parent, guidance counselor, or teacher you’re worried about them.

**Tell them they’re not alone** When people are depressed, they can feel extremely lonely. Make sure to reach out to them and tell them you’re there for them and available to talk.

**Take them seriously** People may talk about killing themselves jokingly, but suicide is no laughing matter. If someone talks about it, check in with them, even if you think they might be joking.

**Drop them a note**

If you know someone who might be depressed, you could drop a nice note in their locker or backpack that says something like “I’m happy you’re my friend.”

**Provide resources** Encourage them to reach out to their parents or a crisis helpline. There’s even a crisis text line - 741741 that you or your friend can text.

**Offer hope**

SAY: “I know giving up might seem like the only option right now, but these feelings will go away with the right help.”

**Don’t give advice**

Your friend needs an ear to listen or a shoulder to cry on more than anything. It’s not about the situation; it’s about how badly your friend is hurting.

**Make them feel seen**

SAY: “I’ve noticed some differences in you and want to know how you’re doing.” Or, “You haven’t seemed like yourself lately - are you doing alright?”

**Don’t argue**

Never argue, judge, or say suicide is wrong. Don’t tell them to look on the bright side. Listen and sympathize with their pain.

**Make future plans**

Make a plan to check in with them or hang out with them at a later date. Tell them you’re looking forward to seeing them again.

**If you or someone you know is thinking about suicide, tell a trusted adult and use the resources below.**

**National Suicide Prevention Lifeline:** 1 (800) 273-8255 | Crisis 24/7 Text Line: 741741

**Trevor Projects 24/7 Lifeline:** 1 (866) 488-7386

**crisistextline.org | suicidepreventionlifeline.org | thetrevorproject.org/get-help-now/**