



### Ask the Question

"Are you thinking about killing yourself?" or "Are you thinking about ending your life?"

### How NOT to Ask the Question

"You're not thinking about killing yourself, are you?"

Do not ask the question as though you are looking for a "no" answer. Asking the question in this manner tells the person that although you assume they are suicidal, you want and will accept a denial.

### Who Can You Talk To?

- Call 911
- Crisis Center 205-323-7777
- National Suicide Prevention Lifeline 1-800-273-TALK (1-800-273-8255)
- Crisis Text Line (text HELLO to 741741)
- Family Support Services, LLC 256-340-9233
- School Counselor
- Principal/ Teacher
- SSRO



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