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