

# HOW TO TALK TO SOMEONE WHO MAY BE STRUGGLING WITH DEPRESSION OR ANXIETY

If you think someone is thinking about suicide, assume *you are the only one who will reach out*. Here's how to talk to someone who may be struggling:

1

Talk to them in private

2

Listen to what they have to say

3

Let them know you care about them

4

Ask directly if they are considering suicide (If YES stay with them until help arrives)

5

Encourage them to seek help