

Starting a Conversation about Suicide

If you're having concerns about a friend or colleague, speak up and start a conversation. Remember the acronym TELL.

Tell them your evidence

You haven't been yourself the past few days.

I've noticed you've been canceling plans a lot lately.

Express concern

I'm worried about you.

I want to be sure you're doing okay

Let them talk

How are you doing?

What's going on?

Learn their risk and get help

Have you thought about killing yourself? Do you know when? Do you know how?

I know it's hard now, but things can get better. Let's get you help.



INDIANA UNIVERSITY
SCHOOL OF MEDICINE

Department of Mental Health Services | 317-278-2383 | <https://medicine.iu.edu/mental-health-services>