

You're not going to do a silly thing like that are you?

Change the subject and talk about something else

You can trust me to keep it a secret

I know how you feel

Everything will be fine

It's not that bad

You're not alone

Have you ever thought about killing yourself/ending your life?

How would (name one of their friends/family) feel if you weren't around?

Keeping sentences short and allowing the young person to speak

How's your family going to feel if you do that?

I'm concerned about you and would like to help

Have you ever tried to kill yourself before?

Are you aware of places where you can get support with this?

What are you doing when you get these thoughts? What triggers them?

You're not the only one, a lot of young people have thoughts of suicide