



When You're Worried About Someone

A plain-language CARE guide for a safe conversation about suicide

Take changes seriously — you do not need to be certain before checking in.

You may notice words about hopelessness or being a burden, withdrawal, marked changes in mood or daily life, giving things away, or behaviour that suggests the person may not be safe.

C

CONNECT AND CREATE SAFETY

Choose a private, calm place. Say what you noticed without judgement: "I've noticed you seem overwhelmed and I care about you."

A

ASK AND UNDERSTAND

Ask clearly: "Are you thinking about suicide?" Listen to their words and meaning. Asking directly does not put the idea in someone's mind.

R

RESPOND WITH COMPASSION

Stay calm. Thank them for telling you. Try: "I'm glad you told me. You don't have to face this alone." Do not argue, shame, lecture or promise secrecy.

E

ENGAGE SUPPORT

Ask what help feels acceptable. Offer to call or go with them. In immediate danger, call 000 and stay with them if it is safe for you to do so.

USE THESE WORDS

"What has been happening for you?"

"Are you thinking about suicide?"

"What would help you feel safer right now?"

"Who would you feel comfortable involving?"

"Can we contact support together?"

WHEN HELP IS URGENT

If there is immediate danger or an attempt is underway: call 000. Stay with the person unless doing so would put you at risk. Follow emergency-service instructions.

YOU ARE NOT THE CLINICIAN

Your role is to connect, listen and engage support—not diagnose, assess risk or make a clinical safety plan.

AVOID RESPONSES THAT CLOSE THE CONVERSATION

- Do not dismiss, debate, shame or use guilt.
- Do not promise to keep suicide thoughts secret.
- Do not take sole responsibility—engage appropriate support.

AUSTRALIA — SUPPORT NOW

000 Immediate danger **Lifeline 13 11 14** Call anytime **Text 0477 13 11 14**
Suicide Call Back Service 1300 659 467 Free professional phone and online counselling, 24/7