

# WHAT YOU CAN DO

As a professional, there are steps you can take when working with **emerging adults** that have **suicidal ideation**. Key things you can do include:

## 1 Educate yourself

- Attend trainings such as **Applied Suicide Intervention Skills Training (ASIST)**; **Signs of Suicide (SOS)**; **Mental Health First Aid**; **Question, Persuade, and Refer (QPR)**; **Conversations for Suicide Safer Homes (CSSH)**; and **Ask Listen Refer (ALR)**.
- Learn about resources both local and national and have them readily available.
- Sharpen your skills of giving support of empathy.
- Know your responsibility in regards to your role in their life (e.g., licensed professionals must take appropriate steps to ensure their safety).

## 2

## Advocate for an **emerging adult** to talk openly about suicide with their friends & family

- This may be done by simply asking: "How comfortable are you in talking about **suicide** with your loved ones?," and following up with: "Do you think they understand what it means to have **suicidal** thoughts?"
- You can also offer to help an **emerging adult** talk with their parent/caregiver or other trusted adult in their life. Ask them, "Do you think it might be hard to talk to your parent about what you've told me? Would you like me to help you talk with them together?"

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## Instill hope

- **Emerging adults** can be prone to feeling hopeless as they transition into adulthood. With so many life factors out of their control, helping to ground them in what they do have control of can help instill hope in overcoming temporary feelings of hopelessness.

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## Help them connect

- **Emerging adults** may feel hesitant to contact a **suicide** hotline without knowing what happens. They may have heard stories from others, have a misperception of what happens, or had a bad experience connecting to resources in the past. You have the opportunity to help them make a call or text, or provide a walk-through/role play of what to expect.

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## Be kind to yourself

- Talking about **suicide** can be difficult, but remember that by simply bringing up the topic with an **emerging adult**, it can help save lives.
- It is important to acknowledge any previous experience you have had with **suicide**, and always keep in mind that you cannot be responsible for what you did not know.