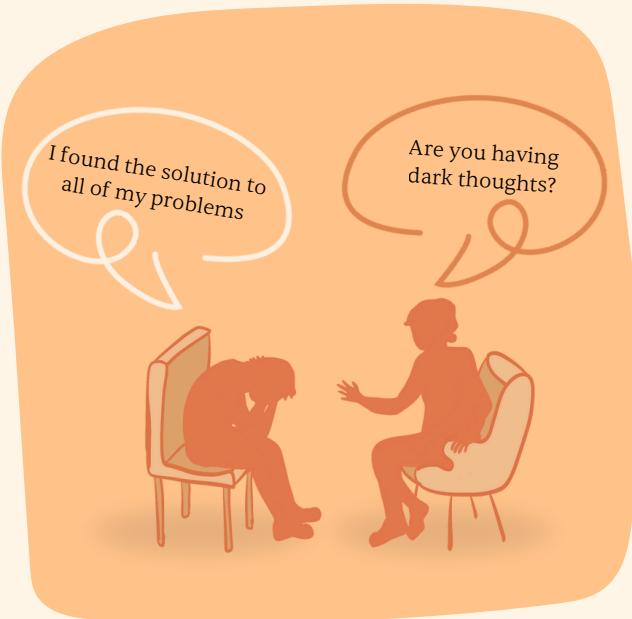


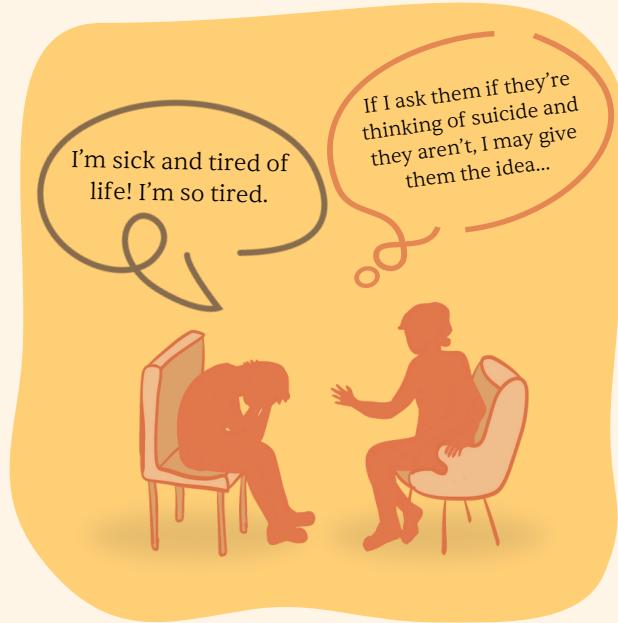
Pitfalls to avoid when asking the question...

As a Gatekeeper, it isn't always easy to ask someone if they are thinking about suicide. You may worry about crossing a line or planting the idea just by bringing it up, among other common concerns. Being aware of these obstacles is the best way to get around them. For you, which pitfall do you find yourself most likely to fall into?

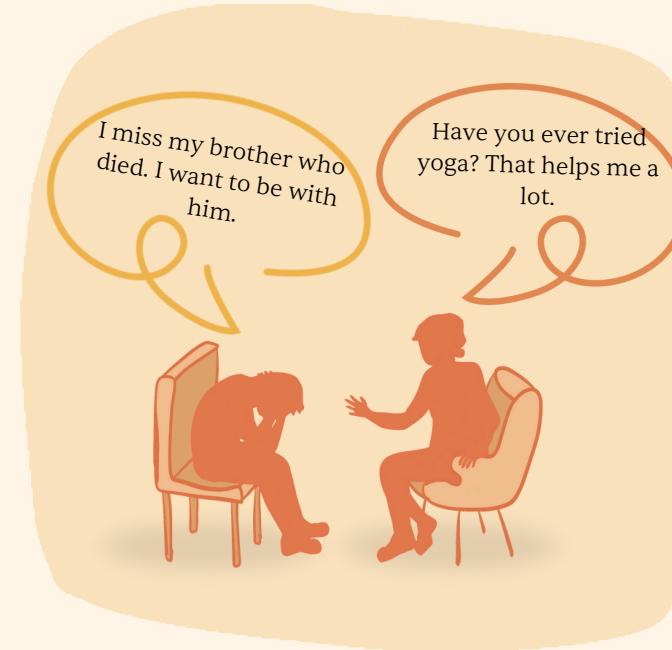
Asking about suicide using vague terms



Believing that asking will plant the idea



Offering your own solutions



Afraid of upsetting them



Which one get in your way the most?

Take a moment to think about the one that's been hardest for you to move past. It's completely normal to face challenges when having these kinds of conversations—even as a Gatekeeper. Keep reading for some tips on how to ask about suicide in a direct and supportive way.